

Spinach, Treacle and Yoghourt

Spinach is the next item and Zinc the last in an alphabetical array of foodstuffs arranged in a perspective that leaves very little room for folk-lore, fallacies, and old wives' tales.

WE don't seem to hear much nowadays about spinach is good for you! And I think it is just because of this that more and more of it is eaten. To my mind, the best way of putting an ordinary person off any food is to give him something with a strong flavour, because it is supposed to be healthy for him.

Spinach

The benefit of spinach was supposed to lie in its content of iron. It used to be the common practice to take one look at a pale, pasty-faced, tired child and say "He is anaemic!" Meaning he has not enough haemoglobin and needs iron in some form.

The fact is that anaemia still exists in a lot of people, though it is not so often seen as it was. But it has been shown that a pale child is quite likely to have a good level of haemoglobin. Conversely, the anaemic child does not always look pale.

So, to begin with, many children and adults are supposed to have anaemia who haven't. And to go on with, if they have anaemia, spinach is not the best way of curing it. For it happens that its iron gets tied up with other things in the spinach, and the body can't prise it loose. So the iron passes out of the body without being absorbed or doing any good.

Like a lot of other vegetables, though, spinach is a good source of vitamin C. And it is an excellent source of vitamin A, second only to carrots and parsley. But you know what I think about parsley. Or if you can't remember, look at what I said about potatoes and parsley last month.

Treacle

Treacle is the name given to a variety of sugary solutions. Some are products which occur during the making of sugar crystals from the sugar cane. Others are specially made from one or other of these products. Let's begin then by having a look at how sugar is made.

The sugar cane is cut up and milled to extract the juice. The juice is strained, treated with lime and strained again, and concentrated by evaporation of much of the water. Crystals of raw sugar are added and a mass of more crystals then forms. The mixture of crystals and fluid is centrifuged and the crystals of raw sugar taken out. The fluid part, consisting of molasses, is concentrated and crystallised once or twice more, giving more raw sugar crystals and finally a fluid which won't crystallise further. This is blackstrap molasses.

The raw sugar is now refined. First it is washed free of some of the adhering molasses and general rubbish. The washings are recrystallised by evaporation once or twice. The washings which won't crystallise any more are called recovery or refinery molasses. The washed sugar and crystals from these molasses are then dissolved in water and refined. This is much the same process of straining and clarification as we saw in the making of raw sugar, but with the addition of one more stage. In this, the solutions are passed through bone charcoal to get rid of the colour. Then we have the evaporation, crystallising and centrifuging as before. The sugar is white in the first crystallisation or two, but repeated crystallisation gives browner sugar (*pieces*) and browner liquors. These are called refinery syrups.

So we have roughly three sorts of syrupy solutions. First, the molasses — which include blackstrap — which come at the stage of making raw sugar. Second, the recovery or refinery molasses which come from the washings of the raw sugar. Third, the refinery syrups which come at the end of the cleaning up and crystallising of the refined sugar.

Now for treacle. This may mean nothing more than one or other, or a mixture, of any of these three sorts of syrup. Black treacle is often either the recovery molasses, or a mixture of blackstrap with recovery molasses or refinery syrups. Golden syrup is usually made from the final refinery syrups by special treatment, which among other things changes some of the cane sugar into a mixture of glucose and fructose.

As you can imagine, the exact components of these syrupy products vary enormously. On the whole, both black treacle and blackstrap molasses will contain about two-thirds sugar of one sort or another. Blackstrap molasses will also contain some iron, partly from the machinery it is in contact with. As well, there will be some lead and other metals, some gums, waxes and a variety of plain muck.

Depending on how it is made, treacle might well contain less iron — and much less muck. The amount of iron in an average black treacle will be enough to keep you going for a day if you ate something like half-a-pound. And blackstrap molasses would contain the same sort of iron in a quarter of a pound. The rubbish you would get in addition is just a bonus.

As for vitamins, there are one or two but they only amount to something if you eat a pound or so of treacle

or molasses. Personally, I think you'd be nearly as well off if you made a soup of hobnailed boots.

Uric Acid

A few years ago, there used to be a gruesome advertisement for a cure for rheumatism. It showed horrible jagged crystals of uric acid and other things sticking into your tissues — obviously frightfully painful. Clearly what you had to do was to take this much-advertised medicine and dissolve away the crystals. Now the fact is that the term rheumatism covers a variety of quite different diseases, which only have in common the fact that there is pain in the muscles or joints.

The only one of these which has anything to do with uric acid — and nowadays the rarest sort of rheumatism — is gout. And even here we don't get very far by giving medicines which are supposed to dissolve it. Since about half of the uric acid in the body comes from our food, it is usual to give gouty people a diet which produces as little as possible.

This is a diet which avoids foods containing substances called "purines," which the body converts to uric acid. Here are some of these foods: fish roes, sweetbreads, heart, liver, kidneys, sardines, herrings. But remember that this diet won't do you any good if you have any other sort of rheumatism than gout. And even then I am not sure if it makes much difference.

Vegetarianism

In many countries of the world, there are great numbers of people who eat no meat. There is little doubt that the origin and maintenance of this custom is to a large extent economic, since animal foods cost more — much more — than vegetable foods.

In the West, vegetarianism is a matter of conscience rather than economics. The motives are basically humanitarian. Most vegetarians will also tell you that their diet is more healthy, and for some of them this is in fact a more important motive than the humanitarian one.

So what I have to discuss is whether a vegetarian diet is, or can be, as nutritious as one containing meat. Now most vegetarians in this country are really lacto-vegetarians. They will take milk and milk products like cheese. Often they also eat eggs. Here the nutritional answer is simple. Provided they take enough of these things, they will be having just as good a diet as the meat-eaters.

The situation is different, however, for those who eat no animal products whatever. Such people, who are called *Vegans*, are usually having an inadequate diet. I don't mean that every one of them soon gets obviously ill. I have said before that we are all individuals, and some people get along quite happily on diets which would be inadequate for others.

Moreover, it's rather difficult to prove that Mr. Jones, who feels quite well, would be a bit better still if he changed his diet. But apart from this, it does seem that

vegans tend to get anaemia and occasionally more serious complaints which are not so common in non-vegetarians. The reason does not seem to be so much that they lack protein. For although the plant foods contain rather inferior protein, a good intake of these seems to add up to supplying all the necessary amino acids (I dealt with this in an earlier article). What the vegans appear to lack in some of the vitamins which are found almost exclusively in animal foods. One of these is vitamin B₁₂, and there seem to be others we have not yet identified.

There was, incidentally, an interesting experiment carried out a few years ago with school children, which indicates that even if they eat meat, they do better if they eat a fair amount of it. One group of children received meat ten times a week and the other only twice a week.

At the end of a year or so, the children eating more meat were slightly but distinctly better in a variety of ways. These included the texture of the skin, the strength of the bones and the quality of the blood. The diets of the children were then switched and a year later their relative health too was reversed. Again the ten-times-a-week meat-eaters were better.

Water—75 Pints

About two-thirds of the body is water. So there are about seventy-five pints of water in the average ten-stone man. While you can go without food for several weeks and still survive, you can't last more than a few days without water. The reason is that all the reactions of the body take place in a watery solution — with a very carefully controlled composition. It just cannot work properly if the components become too concentrated. It is only recently, for example, that we have come to realise that vomiting and diarrhoea in infants can be a very serious condition, largely because of the loss of water.

We have a wonderful way of regulating the water content of our bodies. We keep a mechanism constantly at work to make sure that we exactly balance water loss and water intake. We lose water inevitably by blowing off some in our breath, by losing some in the stools, and by perspiration. We also lose an amount through the kidneys which is at least enough to carry away some of the waste products of our internal chemical goings-on.

We take in water chiefly as drinks, and some in our solid food. Even bread is one-third water. And a little water is produced by the chemical changes in our body. The matching of input and output is done roughly on the intake side, and accurately on the output side.

We make sure that we take in more water than is enough for our minimal water loss. This happens because if the loss tends to be more than the intake, we feel thirsty and so we drink. In this way, we are usually in the position of having taken more water than our absolute needs. The kidneys now take over and discard exactly the amount which is in excess of our needs.

Normally, we can take in very much more water than we need. Our usual balance is about four pints a day. We could take five or six times this, and still preserve an accurate balance. But there is no advantage in this. If you keep yourself from being thirsty, at least for any length of time, you are just as well off as if you drink much more.

This goes for ordinary healthy people, including the overweight. The idea that you can lose weight by restricting your fluid intake is nonsense. Either the small amount you take is still more than you need, in which case you will merely get rid of less and still stay in balance. Or the small amount is less than you need, in which case you will be constantly thirsty and miserable.

In some diseases, it is necessary to restrict water intake. But I don't want to discuss this here, because I am writing about nutrition for ordinary healthy people.

Xerosis

This means a drying, and usually refers to a drying of the skin and other tissues on or near the surface of the body. From a nutritional point of view, its commonest cause is an inadequate amount of vitamin A. Contrary to what most people believe, it is not caused by having too little fat in the diet. But the most important thing of all is that most people with dry skins are not suffering from any dietary deficiency at all.

In fact, we don't know why some people have a dry skin, except that it tends to run in families. I remember being asked to see a soldier during the war whose skin was in exactly the condition the books tell you occurs in vitamin A deficiency. Some of the young doctors had been having a fine time with him, first in doing elaborate tests to establish vitamin deficiency (which they couldn't) and then giving him vast doses of vitamin A to cure him (which they didn't). After a short chat with him, I learned that he had had this condition as long as he could remember and that his mother and his two sisters also had it.

Yoghourt

Soured milks have been known since at least biblical times. They are still widely consumed in the Near and Far East, under such names as *kephir*, *koumiss* and *leben*, as well as *yoghourt* and *yaourt*. Essentially, they are made by growing bacteria or yeasts or both in milk.

These produce lactic acid and a variety of other things from the lactose or milk sugar of the milk. These "other things" vary with the different microbes used and are the main reason why different sorts of soured milk have different tastes. Another thing which varies is the milk itself, which may be from the goat or sheep, as well as from the cow. And there is also a variation introduced by using skimmed milk or very creamy milk, or concentrated milk in some cases.

The commercial yoghourts are made by first pasteurising the milk so as to get rid of most if not all of the microbes already present. It is then inoculated with



usually a mixture of two sorts of bacteria, kept warm until the acid produced makes the milk clot, and then cooled.

The nutrients in yoghurt are pretty nearly identical with those in the original milk. The supposed benefits are put down to the particular microbes used. The one the fuss is always made about is a bacterium called *Lactobacillus bulgaricus*. This was first found fifty years ago in Bulgarian sour milk by a research worker called Metchnikoff. He was very excited about it, and wrote a book called *The Prolongation of Life*. According to him, it was because they ate yoghurt that the Bulgarians lived to such a ripe old age.

The bacteria in the yoghurt are supposed to replace those normally present in the large intestine which in turn are supposed to produce all sorts of harmful things. Well, the first point is that the *Lactobacillus bulgaricus* doesn't grow at all well in the intestine. And there is no evidence that such harmful substances are produced, at any rate in the vast majority of people. Finally, Bulgaria happens to have one of the highest death rates of any country in Europe. The long-lived Bulgarian is in fact a far less common species than the long-lived South African.

Zinc

This is one of those nutrients, of which several are now known, which are called trace elements. They are needed in quite minute amounts by the body. In the case of zinc, we don't even know how much—or rather how little—is required. But from animal experiments we know that it *is* required. With the greatest care and

trouble it is possible to make diets for rats or mice which have almost no zinc.

The animals eating such a diet grow poorly, become very thin and lose their hair in patches. We know at least one thing that zinc does in the body. It is part of an enzyme called *carbonic anhydrase*, which is necessary for making sure that the blood takes up the carbon dioxide produced in the tissues and gives it up to the air you breathe out through the lungs.

As with other trace elements, it is very exciting to know that tiny amounts have important jobs to do and that deficiency can cause important effects. But it is quite unforgivable to try and persuade people, on this account, to buy expensive preparations containing minute quantities of these substances. Practically everything we eat contains a little of all of these substances — and especially zinc. Particularly when one remembers how difficult it is to get a deficiency of zinc in animals, it is quite inconceivable that you or I could ever have a diet which contains too little.

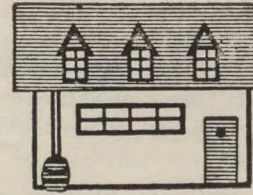
So there you have it. That's the end of my Alphabet of Nutrition. I could have chosen other words, lots of other words, for every single letter, but I picked all the ones I have talked about to illustrate some point that I thought might be helpful.

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DIE WAARDE VAN SITRUSVRUGTE

deur die Departement van Voeding

Die gebalanseerde dieet wat nodig is om die liggaam normaal te laat ontwikkel en funksioneer word saamgestel uit die 7 basiese voedselgroepe. Hierdie groepe is (1) vleis, vis, eiers, kaas en droë peulgroente; (2) melk; (3) voedsel ryk in vitamien C soos rou kool, tamaties, sitrusvrugte, koejawels, papajas, veselperkes en bessievrugte; (4) voedsel ryk in karoteen, die voorloper van vitamien A, soos boerpampoen, wortels, groen boontjies, groen ertjies, beet en raapblare; (5) ander vrugte en groente soos aartappels, beet, groenmielies, lemoenpampoeëntjies, piesangs, druiwe en ander; (6) voedsel ryk in vet soos botter, margarien en spek; (7) graanvoedsels, byvoorbeeld brood, meel, mieliemeel, hawermout en kafferkoring.

Sitrusvrugte wat nou volop is, maak 'n belangrike deel van die gebalanseerde dieet uit weens die vitamien C wat dit bevat. Lemoene, suurlemoene, pomelos en nartjies is

almal belangrike bronne van vitamien C.

Vitamien C is 'n bestanddeel van die stof wat liggaamselle aanmekaar hou. Dit is dus onmisbaar vir sterk bloedvate en gesonde tandvleis. Wonde genees baie vinniger as die liggaam voldoende van hierdie vitamien bevat. Indien mens een sitrusvrug per dag eet verskaf dit die nodige vitamien C vir een dag. Die sap, hetsy vars of ingemaak, is net so waardevol. Ingemaakte sitrussap behou tot 90% van die oorspronklike vitamien C.

Benewens vitamien C maak sitrusvrugte ook ander belangrike bydraes tot die dieet. Dit is gevind dat die mineraalsout kalsium, wat kinders nodig het vir groeiende tande en bene, beter in die liggaam behou word as kinders lemoensap drink.

Sitrusvrugte is ook waardevol vir die ligte lakserende uitwerking wat dit het. Dit word aan die ruvesel en ander organiese stowwe wat dit bevat, toegeskryf.

Daar is net 'n kort tydjie van die jaar wat sitrusvrugte nie verkrybaar is nie. Lemoene kan mens byna deur die jaar kry. Dus kan hulle voortdurend op die spyskaart verskyn. Weens hulle fris geur, aangename tekstuur en helder kleure word niemand ooit moeg vir sitrusvrugte nie.

Hoewel sitrusvrugte by uitstek rou geëet word, word dit ook in die kookkuns gebruik. Suurlemoene is veral baie waardevol. Die sap en die skil word gebruik om die geur en tekstuur van vleis-, nageregte, groentegeregte, slaageregte, gebak en souse te verbeter. 'n Bietjie gerasperde lemoen- of suurlemoenskil by bobotie, gestoofde droë of vars vrugte, en boerpampoen gee 'n baie aangename geur.

Sitrusvrugte word dus geëet vir sowel die belangrike voedingstowwe wat dit bevat, as die waardevolle bydrae wat dit maak om die spyskaart af te wissel.

A READER'S VIEWS

Your reader who writes about race prejudices in your October issue, and objects to the little boy who says his dog only bites kaffirs, should take into consideration the fact that the majority of South Africans have certain attitudes and feel that for the future of the country they should maintain the big gulf between white and black.

We have, after all, to bring our children up in a country where there is this large and uncivilised native population, and it is only being realistic to accept the fact. This is not necessarily prejudice, but realism. Although I try to advise my children to be polite, even to the natives, at all times, they must still learn that they are superior, and will always be so.

Mrs. J. du T., Belville, Cape Town.

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SOME HINTS ON PRODUCTION

by LILY HERZBERG

THE success of a glove puppet performance depends a great deal upon good organisation. The main factors to be considered are scenery, properties, music, lighting, stage management, rehearsals, manipulation and voice production.

The hall or room where you intend staging your show is also an important fact to be considered, for the ideal atmosphere of intimacy with your audience can be established not only through your act, but also by the size of the auditorium.

In our own venture, we have learned much from the mistakes of our earlier experiences. There was, for instance, the occasion before we had graduated to an electrical pick-up with amplifier and loudspeaker, when the meagre squeak of our old-fashioned portable gramophone was swallowed up in the domes of the Rondebosch Town Hall; or the performance we gave during the last small-pox scare in Cape Town, when our dialogue was punctuated by the angry squeals of a long queue of children being vaccinated in a corridor adjoining the hall.

Then, too, there was the hilarious morning when the organisers of the Community Carnival at the De Waal Park placed the open-air puppet theatre right next to the pitch of the Cape Town Highlanders, with performances scheduled to take place simultaneously. Needless to say, victory was conceded to the bagpipes!

Inexperienced puppeteers particularly, should keep scene changes and properties down to a minimum. Props such as sticks, brooms, baskets and so on, do help to give variety to the movements of puppets, both in the individual handling and the interplay between two or more characters. Actions such as eating can be suggested, without having to produce miniature slices of bread or hunks of cheese, and will avoid complications and many feelings of frustrations. As the operator becomes

more adept in the handling of his puppet, additional props may be introduced. The technical construction of scenery such as houses, trees and backdrops will evolve from the type of theatre being used and will depend on whether the puppets are being operated at eye level or above the head.

If you can organise a lighting attachment for your theatre, your performances will be greatly enhanced by the subtlety of mood which different light values can produce. The producer should arrange his lighting plan early, so that changes can be rehearsed in conjunction with rehearsals. If you use lighting, your auditorium should be blacked out.

Music and dancing play an important role in puppet shows, whether your puppet is doing a parody of Rock-'n-roll, or a national dance in a folk legend. Music for the overture, background effects and dances should be selected early, so that the person operating the music can achieve perfect synchronisation with the manipulators. Whilst music can heighten the mood of the situation, care must be taken that it does not overshadow the drama.

Noises off-stage should also be chosen in advance of rehearsals, so that their effectiveness can be tested.

These sound effects require much inventiveness, and you would be amused to see the strange assortment of kitchen and other utensils which has sometimes accompanied us around the Peninsula.

The stage manager is the kingpin of the show. He is responsible for the vital organisation backstage, and the smooth flow of the performance hinges upon his efficiency. He must be just as well rehearsed as the players. The stage manager draws the curtains, operates the music and the lighting, changes the scenes, helps to change puppets, and makes noises off. If the stage manager has more duties than he can cope with, one of

the players not on the stage can assist him. A table backstage for laying out puppets and props in the order required, is essential. The combination of good planning behind the scene and a well-rehearsed show, help the audience towards the illusion of witnessing a full-scale drama. The audience is distinctly shocked if a human hand or head suddenly appears in the theatre immediately after a performance. For this reason, many puppeteers prefer not to appear before the audience in person after a show.

Having arranged for your lighting, music, noises, scenery and props, your cast is ready to commence rehearsals. In casting your parts, you should exploit any particular talents for singing, a good sense of comedy, voice and so forth.

Varying techniques of production are used by different puppeteers. Some companies do not touch their puppets until they have become word-perfect in their voice portrayals. The manipulators rehearse with voice and gesture as if they were on the human stage, and then transfer the characterisation to the puppets. Whilst a puppet cannot make the same movements as a human being, observing people will suggest mannerisms of head, body and arms which help to portray the required emotion. Once you have thus thrown yourself wholeheartedly into the character of the play, it can be much more convincingly presented through the puppet.

Other puppeteers rehearse simultaneously with voice and puppet. The advantage of this method is that the appearance and feel of the puppet itself will suggest actions to enhance the characterisation, and working in this way also helps the player to improvise more naturally. Moreover, the inspiration for a voice often comes only during rehearsal, when the puppets being to assume their own very distinctive personalities.

Many people imagine that a puppeteer simply reads his scripts whilst he manipulates his puppets. Actually, the performer has to learn his script just as does an actor on the stage. If you have a small company, the difference, however, is that you learn not only one part but many parts, and often find yourself addressing yourself in different voices. The voice is one of the more important aspects of puppetry. The most artistic and best-manipulated of puppets will be lifeless unless animated by good voice characterisation. The ideal method is for the manipulator also to be the voice of the puppet, as this ensures better co-ordination of action and dialogue. Sometimes, however, because of technical difficulties, one player might have to operate the puppet, whilst another speaks the part. In such a case, it is preferable for the speaker to stand close to the manipulator so that the voice comes from the right direction. If you have to play more than one part, you can vary your voice not only by changing the pitch, intonation or rate of speech, but also by using accents, dialects, stammering and many other tricks that you will discover for yourself.

Writing about large companies in a puppet production, Marjorie Batchelder in "The Puppet Theatre Handbook," says, "In recreational (or educational) projects to which many people contribute their various talents, presentation of plays is as much for the benefit of the participant as for the entertainment of the audience. This works well if an efficient, well-co-ordinated performance is not essential. Too many people connected with a puppet show usually complicate rather than help it. One advantage of the puppet theatre is its freedom from too much human temperament. Two or three people working together can achieve a closer harmony than large numbers of operators."

Glove puppets can express many emotions, and you will be fascinated to discover what good actors they become with practice. It is useful to spend some time manipulating your puppet in front of a mirror. This will give you an idea of what movements, gestures and contortions best convey the effect you wish to create, and how these will appear to the audience. But once you have decided on your movements, stop rehearsing in front of a mirror as you will need to concentrate on the puppet itself.

As the puppet cannot move its features, ways have to be found to make it quite clear to the audience which puppet is speaking, when there is more than one on



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the stage. This does not mean that talking puppet should constantly nod his head or wiggle his arms, nor that the listening puppet should be completely static. The tendency should be for the former to move in such way that it expresses what it is saying. And arising, of course, from the requirements of the play, the latter should not be immobile, but its movements should convey an attitude of listening, whilst ensuring that its actions do not distract the audience's attention from the speaking puppet.

The producer should see that not too many puppets are crowded upon the stage simultaneously. Those which do appear should be grouped and moved for maximum dramatic effect, due regard being paid to exits and entrances. Puppets should not appear, say, from the centre bottom of the stage, like a jack-in-the-box, unless such an entry is called for in the script. They appear more logically through doors, or from the wings. Care should also be taken by the manipulators to keep the puppets at a regular level, unless there is a deliberate lying, sitting or bending. To create interest and variety in pattern, use can be made not only of the width of the stage, but also the depth between the stage and black-cloth.

The producer must bear in mind the size of the stage and the number of operators who can work comfortably behind it, and that, if necessary, each puppeteer can work two puppets at a time.

Once all the different aspects have been planned and organised, the company must rehearse and rehearse until there is synchronisation between music, lighting, noises, manipulation and dialogue.

Have you ever wondered whether puppets suffer from stage fright? They certainly do. Puppets have some very human qualities. The first time one of my puppets, Gerald C. Giraffe, had to face a large audience, he underwent an extraordinary fit of trembling. The audience must have thought he had the palsy. But he soon recovered his customary poise and savoir faire, and nobody realised that his shakes and shivers were not part of the act. Nowadays, he is much more confident, as you too will become with your growing experience and enthusiasm for puppetry.

CHOCOLATE SYRUP

This Chocolate Syrup is so popular with my children when stirred in milk, or used as a sauce on ice-cream, that although I make up double the quantity given here, it does not last long.

CHOCOLATE SYRUP.

Ingredients: $\frac{1}{2}$ cup Bournville Cocoa
 $\frac{3}{4}$ cup boiling water
 $\frac{3}{4}$ cup sugar
 Vanilla or rum essence to taste
 Pinch of salt.

Sieve the Bournville Cocoa and sugar together to remove lumps. Add boiling water, stirring all the time. Put back on stove and boil for one minute. Add flavouring essence to taste and pinch of salt. Pour into clean, dry jar, and cover it (to prevent skin forming) and keep in the refrigerator to use when needed.

CHOCOLATE MILK. Add a dessertspoon of chocolate syrup to a glass of milk and stir.

CHOCOLATE FLOAT. Add two tablespoons of ice-cream to each glass of Chocolate Milk, beat with rotary beater, pour into glasses and put another tablespoon of ice-cream on the top of each. For party occasions crumble some Cadbury's Dairy Milk Flake or Chocolate Vermicelli on top.

COCOA MALLOW. Bring 1 cup milk and 4 teaspoons Chocolate Syrup almost to boiling point. Whisk until it froths. Pour into cup, and add one plain marsh-mallow before serving.

ORANGE COCOADE. Shake thoroughly in screw-top jar: 2 tbs. chocolate syrup, 1 cup milk, 2tbs. orange juice, grated rind of half an orange, and a little crushed ice. Serve at once.

These and other recipes appear in Cadbury's CHOCOLATE COOKERY, reviewed in our last issue. Quantities of chocolate syrup given in the original recipes are greater than given here. I have reduced them, as I have found the amounts I have given quite strong enough.

Sylvia Pringle.

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BABY ON THE WAY (3)

LOOKING AHEAD

The health of your fast-growing baby and indeed your own health depend to a very great degree upon what you eat . . . says Professor J. C. McClure Browne, F.R.C.S., F.R.C.O.G.

ONCE you know you are pregnant, what should you eat, and what should you drink, while you are expecting your baby? Let's get straight down to brass tacks, and discuss your diet in pregnancy in straightforward terms. As a general rule, you should eat all things you are used to. But you should bear in mind that the health of your baby after the birth is determined to a very large extent by what you eat.

The food we eat serves three purposes. The first of these purposes is to provide energy for every activity, even breathing. It has to give us the energy essential to keep us alive, and the energy which we use in bodily activity, such as moving about. The second purpose of the food we eat is to replace the material we lose through ordinary wear and tear. Each day of our lives some of the cells of skin and muscle and other tissues wear out and must be replaced by new ones. This process goes on continuously throughout life. The third function of food is to provide the material and energy for the process of growth. This is most important, obviously, in children.

When pregnancy begins, extra energy is required. True, very little extra energy is expended by moving about, especially in the earlier months of pregnancy, but more energy is needed for the basic work of keeping alive. Only a small fraction of what you eat is needed for replacement of worn-out tissues, but the energy needed for growth of the baby is enormous compared with its size.

Remember that while in the womb the child doubles its size many times. To do this requires a vast amount of energy relative to its weight. So the proper materials must be supplied in the right quantities to build the different tissues of the baby's body — the bones, the teeth, the blood, the muscles and nerves and skin, not to mention the various internal organs.

The food we eat falls into three separate categories. The starchy foods — carbohydrates — which provide energy alone. The fats which provide for a further source of energy as a reserve, and which also make the fat which lies just under our skin. The proteins, or body-building foods, such as meat, fish, eggs, and so on, which provide energy, but also supply the raw materials necessary for the formation of the various tissues of the body. In addition there are various essential chemical substances — or minerals — such as iron and calcium,

or lime, which we must take in sufficient quantity to meet the needs of the baby. And also we need vitamins, of which we obtain a sufficient supply if we eat any reasonably well-balanced diet. When you are going to have a baby, you need especially your proteins, vitamins, and minerals.

Why Milk Matters

Because of the need for calcium for your baby's bones and teeth, you should drink at least one pint of milk a day. If you are able to drink two pints of milk, so much the better. Because of the milk you drink, your baby's teeth will be good and his bones will be straight and strong. Sea-fish, which contains iodine as well as protein, should be eaten perhaps twice a week. You should eat an egg every day, and plenty of cheese whenever you feel like it. Foods such as liver and pork contain excellent amounts of vitamins, and also iron, as well as proteins, so work these into your meat diet once or twice a week.

It is definitely best only to eat starchy foods such as potatoes, bread and sugar in *moderation*. The amount of sugar taken in, for instance, tea or coffee should be limited to a level teaspoonful with each cup. More than that can be harmful. Three pints of liquid in one form or another should be drunk every day, but it is not necessary to make a point of drinking large quantities of liquid, as has sometimes been advised. Just drink as much as you feel like drinking. As a rule, don't drink alcohol.

Prepared soups and meat extracts are best avoided in pregnancy, because they often contain large amounts of salt. And a lot of salt is not a good thing to take when you are pregnant, because it may make your legs, fingers and face swell, and make you feel altogether rather ill.

Cooked cabbage, cauliflowers, or brussels sprouts, are good things to eat. It is very important, because of the vitamin content, to eat fresh green vegetables and salads such as tomatoes, lettuce, cress and so on regularly. Ripe fruit, such as apples, oranges, peaches and pears are beneficial, and some should be eaten daily, preferably uncooked. Green vegetables are also an important source of iron, and a sufficient amount of iron is essential to prevent anaemia in yourself and your child.

You should have a regular supply of cod-liver oil, or one or two of the capsules every day. In winter time

especially, when greenstuffs are scarce, it is a good thing if you take also orange juice.

Every expectant mother should take a small dose of iron in tablet form daily throughout her pregnancy. You can obtain this from your doctor. If you like a mid-morning snack, milky coffee or tea, malted milk or some similar sort of drink is far better for you than biscuits and tea with little or no milk.

All this adds up to more meat, milk and eggs, and less potatoes, bread, cake and sugar, and salt. And you should certainly have the vitamin supplements and iron.

It is interesting to remember that when rationing was introduced in Britain during the war, arrangements were made to ensure that the expectant mother got as many essential items as possible, whoever else might go short. So she was able to obtain an additional ration of meat, extra cheese, cheap milk, and even a "priority egg". She was also provided with cod-liver oil, or capsules of halibut-liver oil, because of the great quantity of vitamins A and D in these substances and orange juice, because of its high content of vitamin C which also helps to prevent anaemia. When these measures were introduced the number of babies lost either before, during or immediately after birth, decreased immediately, and there is little doubt in anyone's mind that the better diet was of the greatest importance in this improvement.

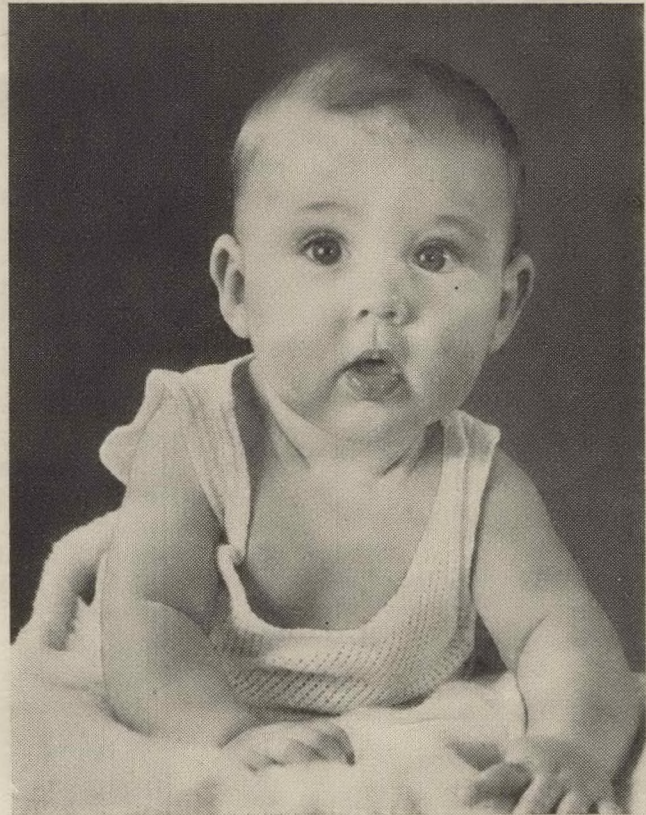
First Few Weeks

In the first few weeks of pregnancy, if you are feeling sick, it is wise not to worry too much about your diet, but to take only those things which you find you can eat without upsetting yourself. But, by the end of the fourth month, you should certainly be on the diet I have described.

I am often asked by my patients what they can do to obtain enough calcium if they do not like milk. This is a difficult question to answer, but I would say that the milk must be disguised in various ways. It can be put into milk puddings or taken as cheese. It can be used in the preparation of home-made soups. And it can be taken as one of the pleasant and widely advertised drinks that incorporate milk. Often, beaten up into a milk shake with some kind of flavouring, it is quite palatable.

It is unfortunately true that there is no tablet form of calcium which is readily absorbed by the body. So you should make every effort to take in the equivalent of a pint of milk each day.

A very common problem during pregnancy is that of constipation. First, let me say that constipation does not cause nearly the harm that we are led to suppose by the advertisements. It can usually be prevented by taking enough breakfast cereals, green vegetables, salads, fruit



and so forth in the diet. If it becomes troublesome, take a mild laxative, such as senna-tea. You can make this by boiling up senna-pods in water, or you can take a commercial preparation of senna.

Cascara sagrada may be used either in tablet or liquid form. Liquid paraffin is best avoided, unless your doctor orders it, as it may interfere with the absorption of vitamins from the bowel. Of course, all strong laxatives and purgatives should be avoided. In some women they may even cause a miscarriage.

I am often asked about bathing. Let me say that there is no reason at all why an expectant mother should not have a daily bath, if she wants to, although she should take care not to have the water too hot. Sea-bathing is quite safe for normal pregnant women, certainly during the first half of pregnancy, but diving or jumping into the water is not a good thing.

No douche should ever be used during pregnancy. This is highly dangerous and I must stress this point very strongly.

In his next article, Professor McClure Browne talks about problems that may arise in some women during the middle months.

EXPERT ADVICE

BLOCKED FALLOPIAN TUBES

Q. Two years ago I underwent an operation for blocked Fallopian tubes. After the operation I was told that they were now clear, but six weeks after I had a test and was told that they were closed and that they took spasms. What chances, if any, have I of having a baby? Please can you explain all this to me.

A. As you know, for you to have a baby your egg-cell must be able to pass from the ovary down the Fallopian tubes. These are two long narrow tubes which are fixed to the womb and connected with the ovary, where of course the egg comes from to start with. You were fortunate in having your tubes cleared out and opened up, for this can only be done by delicate and clever surgery. After such an operation they usually remain open permanently, so you need not be unduly worried.

The muscular spasm which closed your tubes when you had the test was probably only a temporary contraction. You have a fair chance of having a baby, about 20 per cent., which is reasonable in cases as difficult as yours, so your job now is to keep on trying and, if you can, stay relaxed and patient and just wait and see!

FATHER AT EIGHTY

Q. I enclose a cutting from a local paper saying that a man of about eighty is the father of a child. His wife is much younger, of course. Can this man really be the father at his age? Also have you any knowledge of anybody being a father at a later age?

A. If you think around the possibilities and probabilities you will arrive yourself at the correct conclusion. It is always possible to prove maternity. Indeed, there are usually many witnesses to a birth and even much later in life blood tests on a mother and child are help-

ful and so are different tests by other methods.

It is never possible to prove paternity. There are no witnesses and blood tests do not help. By blood tests it is possible quite frequently to *exclude* paternity. In other words, the experts can say "this man could never have been the father of this child." The most they can say in a contrary sense is "this man is one of several thousand men who might have been the father of this child." From that point onwards whether he was or not depends on a whole series of points of *evidence* which are legal rather than medical.

It is not impossible than a man of eighty should be the father of a child. It is probably improbable.

Flashlight Photographs

Is it dangerous to take flash photographs of a three-month-old baby.

It is largely a matter of common sense. There is absolutely no danger in taking flash photographs of very young babies providing certain common-sense precautions are observed. In fact it is much kinder, and less dangerous, than grilling them with hot lamps. Experts working in departments of medical photography at the big hospitals find that sick children react much more favourably to some form of flash lighting, especially electronic flash. It is all so quick that it causes no distress whatever.

Most flash lamps and tubes of today are completely reliable. But for absolute safety, observe the following rules.

1. If flash bulbs are being used, make sure that a transparent guard or shield is placed in front of the bulb. This removes the risk of a faulty bulb shattering.

2. Electronic flash uses high voltages, so see that the power pack and all cables are kept out of an infant's reach.

3. It is wise precaution not to fire off any form of flash closer than about 3 ft. from a person of any age.

With these points in mind, it stands to reason that you are more likely to get a natural and spontaneous photograph with flashlight. And three-month-old babies make wonderful subjects.

Fat Intolerance

"I have a boy aged three and a half years and a girl eleven months who are quite healthy children but who have suffered since birth from a fat intolerance. They cannot digest any fatty food and if they do happen to eat anything fatty they develop diarrhoea. I would be very glad if you could tell me just what is wrong with their digestive system, how long it usually takes to overcome this and what is the cause of this complaint? Is there a drug to cure it, or is it cured by adhering to a very strict diet for a long time? I have great difficulty in feeding my children as I cannot use butter, eggs, cow's milk, cheese, oranges and tomatoes in their food."

There is only one possible reply to this reader's question. That is that she must see her own doctor about her children very soon. Almost certainly she will then be told to take them to see a specialist at the local hospital for special tests. Your own doctor is the right person to talk to first of all and he will advise you in detail about what can be a difficult problem.

True fat intolerance is likely to be the result of rather serious diseases, one of which, coeliac disease, can be completely righted by a special diet. Coeliac disease is, however, unlikely to affect two children in the same family, and an even more troublesome condition has to be considered. In any case it is necessary to make quite certain that the diarrhoea is in fact due to failure to digest fats and it is most important to find out as soon as possible why this is happening. Only then can the correct diet and treatment be prescribed.

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Encouraging Laughter

ELIZABETH B. HURLOCK, Ph.D.

LAUGHTER is good for both body and mind—it eliminates nervous tensions which upset body functions and it clears the mind of annoyances and resentments. The same effects may be gained from a good cry, but the after-effects of crying are far less favourable. Instead of feeling physically and emotionally spent, as after crying, laughter leaves a feeling of well-being, of personal satisfaction and contentment.

Almost as important for the child are the social values of laughter. There is no question about "Laugh and the world laughs with you; weep and you weep alone," for everyone likes a happy child. Laughing has an esthetic value, too. A happy smile can transform homely features with a radiance which is always considered beautiful. And the child who learns not to take things too seriously, nor to feel that a failure means his personal world is crashing, learns at an early age not to take himself too seriously, either.

Studies of babies and little children have shown that they laugh and cry with equal ease. Which they will do depends largely upon their home life and the people with whom they associate. Proper encouragement of laughter, of course, will help to develop it. It is not something that can be left to chance. Like all habits, the earlier an appreciation of laughter is formed the easier it will come. Because laughing and crying are home-grown, it is up to the parents to praise laughter and discourage crying. Here are some ways you can encourage laughter in your home:

1. Since laughing is easy for a child who is relaxed and healthy, be sure that your child does not become

overtired, overexcited or overhungry. Keep him on a schedule, but not so rigidly regulated that it will antagonize him and offset the benefits of scheduling.

2. While your child is young, try to prevent unnecessary obstacles that can lead to crying; and provide situations that will stimulate laughter.

3. With an older child, attempt to say or do something funny should a situation become tense. The child may not see the humour in it, but if you laugh, he will too, and so learn.

4. Set an example — with smiles and laughter. Since all emotions are contagious, it is difficult for a child to remain sad or glum, defiant or resentful when those around him are happy.

5. Explain to your child the humour in situations which, on the surface, seem to be anything but funny. This, in time, will teach the child to look for the humorous side of even the more annoying things.

6. Tell jokes and light anecdotes and encourage your child to relate the humorous things he had seen or heard. They may not seem funny to you—for a child's humour is often different from that of an adult—but laugh at them anyway, because this will encourage the child also to laugh.

7. Help your child to be realistic about his abilities so he will not try to do things beyond his capacity; it can help him not to become angry at himself and the world in general when he gets into situations he has difficulty in handling. A sense of humour is difficult to cultivate in a person who has exaggerated ideas of his abilities.

8. Help him to accept his failures and to realize that they do not mean that he is a failure. No one who has such a complex can be happy and, if he is not happy, any smiling and laughing will always be forced, never genuine.

9. Encourage the child toward books, movies, and radio programmes that have humour in them.

10. Avoid criticizing the child for being noisy or silly when he laughs. He is likely to interpret it to mean that he shouldn't laugh. He can be shown, by you, how and when to laugh, and how to get enjoyment from laughter without annoying other people.

11. Discourage teasing, bullying or making fun of people who are in a predicament. Though laughing at others may give the child enjoyment, it definitely will not increase his popularity. In place of this, encourage him to see the humour in what he does and to laugh equally at himself as at others.

12. When your child is small, play games with him that contain humour, such as peek-a-boo, imitating animals or pretending that he is somebody else, and let him watch himself in a mirror to see how funny he can look. These will usually prompt laughter and will also encourage laughing at himself. Then, as he grows older and he no longer finds such games amusing, play games involving competition, and let him win often enough to feel the exhilaration of success. Nothing will bring a smile more quickly than the satisfaction that comes with a feeling of achievement.



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SYLVIA PRINGLE'S COOKING PAGE

When you entertain . . .

I have been asked by a reader to give more recipes for "dinners" that can be prepared beforehand. When cooking for guests I look for two things—dishes that do not bind you to the kitchen in the hours and minutes before your party begins; and dishes that "stretch" meat or fowl, so that it doesn't all cost too much!

For the latter, there are innumerable variations of the "pasta" theme, and this month I offer you one of my prize recipes. It is without exception one of the tastiest meals I have ever served. It will draw unstinted praise from those who eat it. In addition, it is a wonderful meat-stretcher, and may be safely prepared beforehand. Here it is:—

SPAGHETTI WITH STUFFED MEAT ROLLS

You need slabs of steak which are solid meat. They can be cut from any part of the beef that offers you oblong slabs, about $\frac{1}{4}$ " thick, each weighing about $\frac{1}{2}$ lb. Rump is an unnecessary expense, as the meat will be cooked a long time, and can come from tougher portions of the animal. For eight people, have 3 or 4 slabs. After being cut, the meat must be pounded flat; a good butcher will do it for you. Otherwise cover the meat with heavy paper and do it yourself. You should get the meat about 5" wide and 10" long. Lay the meat on a board, cut away any fat around the edges.

Now prepare this stuffing: Cut about 7 slices white bread, cut off the crusts, crumble bread into a bowl. Add $\frac{1}{4}$ cup chopped parsley, $\frac{1}{2}$ cup grated cheese, 5 tbs. finely chopped onion, 6 tbs. oil, 1 teas. salt, $\frac{1}{2}$ teas. black pepper, 1 teas. dried sweet basil, $\frac{1}{4}$ cup cold water. Blend well and taste for seasoning.

Hard-boil 4 eggs, and cut some slender slices of green pepper.

Divide stuffing into four equal parts. Spread 1 finely minced clove garlic over each slab of meat, then cover with stuffing over whole surface. Cover stuffing with thin slices of egg, and arrange green pepper strips between them. Roll firmly, and fasten all round with toothpicks, closing each end and any places from which the stuffing might leak.

Put oil in a frying pan, and brown rolls very carefully, then lift into a large saucepan. In frying pan, fry gently 3 minced cloves garlic and 1 large onion, chopped. Add 1 tin tomato purée and 1 small tin tomato paste, 2 cups water, 1 tbs. salt, 1 tbs. sugar, $\frac{1}{4}$ teas. (or less) cayenne pepper, $\frac{1}{4}$ teas. black pepper, 1 large green pepper, chopped and 5 tbs. chopped parsley. Pour over meat rolls, cover, and cook over very gentle heat for about 2 hours, or until meat is very tender. Add a little water when necessary, and watch the rolls—

they may stick and burn—but be gentle in your handling of them, or else they will get broken and the stuffing will come out.

This whole job can be done, if you wish, the day before, and reheated when needed. Or you can prepare and stuff the meat, have all the sauce ingredients ready chopped, and simply do the cooking itself on "the day."

Use long, unbroken spaghetti that is sold loose in many places in Johannesburg. Or buy tagliatelli for a change, or green tagliatelli if you want to make it look even more interesting. Cook the "pasta" in a large quantity of rapid-boiling salted water until done, but not soft. Drain well.

Remove toothpicks from rolls, and cut with a sharp knife in 1" slices. Turn spaghetti onto large platter, sprinkle with grated cheese, ladle some of the sauce over it, and surround with meat pin-wheels, serving the rest of the sauce in a bowl, and also a bowl of grated cheese.

The rest of your menu should be easy. Make it something like this:

ANTI-PASTO (HORS D'OEUVRES)

STUFFED MEAT ROLLS AND SPAGHETTI, served with a big green salad with french dressing, and french bread heated before serving.

FRESH FRUIT, prettily arranged, and CHEESE with biscuits.

For the Anti-pasto, I suggest a selection of, or all of the following:

Thin slices of strong salami; tinned hot green peppers; anchovies rolled round a lump of butter; olives; slices of firm sweet paw-paw; Parma ham rolled round butter; raw mushrooms.

The ham and paw-paw is my South African version of the Italian method of serving Parma ham with slices of melon. You can use melon, which is preferable, when it is in season. Raw mushrooms are delicious, yet little known. Wash and drain $\frac{1}{2}$ lb. of firm, white mushrooms—the large, black, tasty kind won't do in this case. Slice thinly into a bowl with olive oil, pepper, a little lemon juice, and a little garlic if you wish. Do this a day or two before, then add salt when serving.

Choose a good variety of fruit, according to what is in season. Polish apples until they gleam, and serve apples and pears ice-cold.

A perfect meal. I have some other variations of this stuffed meat business which are very good served cold. Another time!

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More about Breast-feeding

You never have to eat for two but you do have to be doubly sure that you are eating enough of the proteins and protective foods right through pregnancy says

JACQUELINE BENHAM, M.B.

CHANGES in the breasts begin about the second month.

They feel a little tender, as a rule, and the dark area of pigmentation round the nipples begins to spread and become more obvious. As the breasts become heavier, it is important to support the tissues by wearing a reliable type of brassière. There are some excellent maternity fittings in reliable makes. The important thing is to support the breasts comfortably without compressing them or flattening the nipples.

Quite a number of women have poorly-developed or indrawn nipples. Unless trouble is taken from the beginning to try and correct these, breast-feeding may be difficult, simply because the baby cannot get a proper hold with his mouth. Small nipples are not so difficult because baby sucks not just at the nipple itself, but sets his mouth over the surrounding dark area, and, provided that the milk flows satisfactorily, he can usually manage quite well. An indrawn nipple, on the other hand, becomes buried in the tissue of the breast and milk cannot flow freely. But much can be done to improve matters by simple measures that your own doctor will tell you about.

A watery-looking fluid — called colostrum — begins to appear from the breasts during the last few months of pregnancy — earlier in those who have had babies before. For the last month or six weeks, the flow of this fluid — the forerunner of proper milk — should be encouraged by expressing it manually. To do this, hold the breast supported by one hand, and with thumb and fingers of the other, grip the tissues just beyond the dark area. Push upwards and then with the thumb and fingers squeezing in from behind, draw gently down towards the nipple.

If you look closely at the nipple itself, while you are doing this you will see that the fluid is coming from not just one, but several tiny openings. These are the mouths of the small ducts which convey the milk from deep down in the gland tissues to the surface. By encouraging the flow of colostrum, as I have described, more of these channels are opened up and the milk will be able to flow more freely when the time for feeding your baby comes.

The general health and nourishment of an expectant mother plays an important part, not only in producing a healthy full-time baby, but also in preparing her for feeding. Diet should be as varied as possible and should include sufficient protein foods. These include eggs, cheese, fish and meat. In general, you should aim at two or three cooked meals a day, because most cooked meals include protein in one form or another. It is

also important to eat a regular daily quota of the protective foods — that is, the ones that contain important vitamins. These include dairy produce — butter and cheese and cream and milk; also raw or freshly-cooked vegetables, salads and fresh fruit. Eating a well-balanced diet which includes some of these food-stuffs each day is far more important than swallowing a lot of vitamin pills. You should take one to two pints of milk daily if possible.

During the last couple of weeks, try to get extra rest and don't over-tire yourself. Try not to worry about anything. Worry is one of the things that interferes with breast-feeding more than anything else. Take extra fluids to drink, milky drinks especially, and avoid any kind of health or fruit salts, as these work by producing a watery bowel movement, thereby drawing fluid from the body tissues and drying up the breast-milk. If you are a little constipated, take something other than salts — liquid paraffin for preference. If your diet is right, with plenty of cereals and fruit you probably won't need anything.

Finally — get the right mental attitude and outlook on breast-feeding. Make up your mind that it is the right way of feeding and, particularly, the way you intend to feed your own baby. Look forward to the time with a calm and contented mind, knowing that it will ensure a happy relationship right from the beginning between baby and yourself. Don't worry and don't doubt your ability to breast-feed. If you prepare for it with confidence there is no reason at all why you should not be entirely successful.

LEWENSFEITE—vervolg van bladsy 39

uit die hoogte en sê dat jeugdige sommer moeilike mense is om oor die weg mee te kom. Wel, miskien is sommige van hulle, maar ek onthou toe ek in daardie stadium was het ek dieselfde opinie van grootmense gehad.

Sommige volwassenes is verskriklik vervelig en opgeblase. Ek voel dikwels dat hulle so is omdat hulle daardie gevoel van opbruisende geluk en opwinding wat gedurende die adolessente tydperk ervaar word, doodgesmoor het. Hulle het die verruklike gevoel dat die lewe heerlik is heeltemal kwytgeraak.

Natuurlik is nie alle volwassenes oninteressant nie. Baie het daardie wonderlike gevoel van avontuur en opwinding, waarmee adolessensie gepaard gaan, dwarsdeur hulle lewe behou. Ek hoop jy sal dit ook doen en uitvind dat die lewe deurgaans 'n wonderlike avontuur is en glad nie 'n moeisame besigheid nie.



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HOE SEUNS GEBOU IS

SEUNS is oor die algemeen net soos dogters gebou, maar daar is 'n paar belangrike verskille. 'n Seun het 'n paar donkerige tepels op sy bors wat lyk asof hulle later in behoorlike borste, wat melk kan voortbring, sal ontwikkel. Dit gebeur egter nie. Om die waarheid te sê, daar gebeur absoluut niks met hulle nie. Hulle is maar net oorblyfsels uit daardie eerste weke van ontwikkeling, voordat daar finaal besluit is dat die baba 'n seun en nie 'n dogter gaan wees nie.

Ook die vorm van die seun se bou is heeltemal verskillend, aangesien hy nie die opwindende werk gaan hê om vir die baba voor sy geboorte te sorg nie. As hy eendag groot en getroud is, sal hy miskien baie moet help met die versorging van die baba. Hy sal moet toesien dat die baba 'n goeie huis het en hy sal alles in sy vermoë moet doen om dit 'n gelukkige huis te maak. Voor die baba egter gebore word, is dit geheel en al die moeder se werk om hom te versorg.

Om hierdie rede het 'n seun natuurlik ook nie eierstokke wat eiers voortbring nie en ook nie 'n menstruasie-siklus nie. Hy het egter iets anders in die plek daarvan, naamlik twee ronde goed, wat in baie opsigte met die eierstokke ooreenstem. In plaas daarvan dat hulle binne-in die liggaam geleë is, is hulle egter net buite die liggaam en word in posisie gehou deur 'n dun sakkie van vel, net waar die bene aan die liggaam vas is.

As jy diere beskou sal jy dikwels hierdie sak aan die manlikes kan sien. Veral by honde is dit maklik sigbaar. Dit sal nie veel help om hierdie sak by plaasdiere te soek nie, omdat die boere hulle dikwels kas-treer. Dit beteken dat die sak en sy inhoud baie behendig en sonder om die diere seer te maak, verwyder word. As dit gedoen word, is die diere nie so wild en word hulle baie vetter.

Osse is manlike beeste wat op hierdie wyse behandel is. Jy hoef maar net jou arms vir 'n os te swaai om hom die skrik op die lyf te ja en die loop te laat neem. As jy na 'n regte bul kyk, die soort met 'n yslike kennisgewing in die kampie „Pasop vir die Bul”, en jy kan na genoeg aan hom kom, sal jy sien dat hy so 'n sak het, wat min of meer tussen sy agterbene hang. Jy sal ook vind, as jy dit wil probeer, dat 'n armgeswaai hom nie sal afskrik nie, maar hom soos 'n stoomroller met alle geweld op jou sal laat afstorm. As jy dus verstandig is, sal jy maar glo en nie oor die draad van die kampie klouter net om na die sak te kyk en om vas te stel wat sal gebeur as jy jou arms vir hom swaai nie!

Dit is net by harige en wollerige manlike diere wat die sak of scrotum sigbaar is. Dit is omdat hulle warmbloedige diere is en die temperatuur binne-in hulle liggame effens te hoog is vir die behoeftes van die inhoud van die scrotum. Daarom word dit net buitekant die

liggaam gehou, waar dit warm, maar die temperatuur nie te hoog is nie. Die geheimsinnige inhoud van die scrotum kom baie ooreen met die eierstokke van die vroulike diere, maar hulle word die testes of balle genoem. Hulle maak nie eiers nie, maar bring klein, klein goedjies voort, wat sperma genoem word. Hulle is so klein dat hulle gladnie sonder behulp van 'n goeie mikroskoop gesien kan word nie.

Ander manlike diere bring ook sperma voort, maar die testes is binne-in die liggaam weggesteek, net soos die eierstokke van die vroulikes. Om hierdie rede is dit dikwels moeilik om te bepaal of dit 'n hy of 'n sy is, te meer daar hulle ook nie tepels het nie, wat miskien nog as 'n leidraad kon gedien het.

Ek ken 'n dame wat vir jare 'n skilpad-mannetjie as troeteldier aangehou het. Die arme skilpad het naderhand baie ongelukkig begin lyk en die dame het vir weke gewonder wat skort. Eindelik het sy tot die gevolgtrekking geraak dat hy eensaam is en, omdat sy 'n goeie tannie was, het sy dadelik besluit om vir hom 'n maat aan te skaf. Sy was baie ingenome met die idee en was oortuig dat dit vir George somer baie pret sou verskaf as hy 'n maat het.

Sy het toe dorp toe gegaan en die hele wêreld deursoek na 'n maat vir George. Eindelik het sy een in die venster van 'n klein winkeltjie vir troeteldiere gesien. Sy het ingegaan en die eienaar gevra of dit 'n wyfie was en tot haar vreugde verneem dat dit wel die geval was. Sy het die dier gekoop, haar met die bus huis toe genceem en George aan die dame, Belinda, voorgestel. George was in sy noppies en nou somer weer baie tevrede.

George en Belinda het groot vriende geword en in dieselfde kassie gewoon. 'n Paar maande later was die dame vreeslik opgewonde toe sy uitvind dat daar eiers in die kassie was. Julle sal natuurlik dink dat Belinda die eiers gelê het, maar dit was nie die geval nie. Dit was George! Toemaar, moenie so verbaas lyk nie, George was al die tyd die wyfie en die nuwe skilpad, Belinda, die mannetjie — wat die eienaar van die winkel ookal gesê het.

Wanneer 'n seun in sy vroeë tienderjare is, begin sy testes werk. Die produkte van die testes word egter nie met maandelikse tussenposes soos in die geval van 'n meisie se eierstokke gelewer nie. Die testes werk voortdurend en bring letterlik miljoene en miljoene sperma voort. Hulle hou ook nie op met werk wanneer die man middeljarig is nie, maar werk dwarsdeur sy lewe.

Die vroeë tienderjare is die begin van wat die grootmense adolessensie noem. Dit beteken die tydperk van groot-word. Wanneer volwassenes na jong mense in hierdie lewenstadium verwys, doen hulle dit gewoonlik

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BALANCED MEALS FOR BABIES*(Continued from page 20)***Seven to Eight Months**

provides the protein element. With this he will have one or two tablespoonfuls of mixed root and green vegetables, including potato. This should be followed by one or two teaspoonfuls of fruit purée or stewed fruit with one or two tablespoonfuls of egg custard or junket or commercially prepared fruit and cereal pudding. Of course, all these quantities vary with the needs of the individual baby.

Sometime during the afternoon he may like another diluted fruit drink. Then at 5.30 to 6 p.m. he will have the second main meal of the day. Start off with a helping of cereal with or without fruit purée, followed by a piece of toast spread with honey or sweet jelly or seedless jam, or yeast extract. This is followed by a short milk drink, preferably from a cup.

Most babies won't need another milk drink during the late evening. But some babies do need it. Such a baby should have this drink about 10 p.m., if he will not sleep through the night until 6 of 7 a.m. without it. If he does not seem to welcome the waking and personal attention needed to drink four to six ounces, it is not worth a struggle.

Along these lines, the healthy baby can be gently weaned from the breast or the bottle, easily and happily, some time between the seventh and eighth month without mental disturbance on his part and with the least upset to his mother.

Between eight and nine months the average baby will have given up the breast and he should be weaned straight on to the cup and spoon. If he has had a bottle for some months, now is the time to give that up. He should be drinking all his milk, water and fruit juice from a cup by the time he is ten months old.

Nine to Twelve Months

At this delightful age any good baby is learning to digest many foods, and to accept them in increasing quantities. Meat, fish, eggs, cheese and cereals provide all the protein needed for growth. Toast, rusks, hard-baked crusts, honey, jams and jellies, and small quantities of pudding and cake will give him all he needs of the energy-producing starches and sugars.

Fat is introduced first as butter and margarine with vegetables at an early stage. Later on bread will be taken with butter or margarine and with meat and fish spreads. More milk will be used now in custards and puddings and larger amounts can be made into cereal feeds. This means that his total requirements of milk do not all have to be drunk at this age. If, after these

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larger solid meals, he cannot take what he needs in milk, then he can usually get through it when he wakes or just before he goes to sleep.

Throughout the weaning time baby is continuing to grow very fast. That means that all the time he needs those accessory foodstuffs, vitamins. But as he learns to take a wide selection of coloured vegetables and meat, especially liver, he will not need the added iron as he did in his younger days.

He will need more and more water, as he takes more exercise. So let him have plenty between meals, but not just before, as this may interfere with his appetite. Rely here on diluted fruit juices to give him plenty of water plus the extra vitamin C he needs.

When he has cut the first two or four teeth it is time to give him a smooth chicken bone or a piece of hard apple to gnaw after meals. This will help to clean his mouth, because it will encourage the saliva to run freely. It will also teach him to chew, which will improve the shape and health of his jaws. But never allow a small child to gnaw a bone or a rusk or hard apple while he is alone. He just might choke on it, and disaster has been known to follow such an accident.

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