

## Foods Around the World

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### Lunch Pattern—

PROTEIN FOOD—Cheese, egg, meat or fish.

VEGETABLE or FRUIT—Raw, salad or cooked.

BREAD with BUTTER.

EXTRAS, if desired—Jam, marmite, peanut butter, etc.

BEVERAGE—Tea, Coffee or Milk.

### Dinner Pattern—

PROTEIN FOOD—Meat, fish, poultry, cheese or egg.

POTATO.

OTHER VEGETABLES—Green or Carrots.

DESSERT.

BEVERAGE—Tea, Coffee or Milk.

We in Australia have ample opportunity to balance our diet, and coupled with plenty of fresh air, sunshine and clean living conditions, the vigour and prosperity of our country is assured.



These two charming beach lasses are Dorothy Heckling and Caroline Roberts of Cubawee

p.m.—

Arrive back at Hotel, write two letters and go to talk to local Police Sergeant who is including aborigines in his sporting organisations.

Mileage for day, 74 miles.

a.m.—

Depart — for —. Spend an hour in — seeing Insurance Companies re the insurance of voluntary labour on the construction of houses at —.

30 p.m.—

Arrive —. In — it is necessary to visit the people living on the Reserve there and also a large number of people living off the Reserve in houses in the town. Once again a round has to be made of all the houses on the Reserve. Mrs. — has the care of two wards. These children are seen. Their school attendance is good and they are well dressed and clean. I am satisfied that Mrs. — is a good foster parent. Another lady has found a small five year old boy in — and brought him home to —. The child had no parents with him and spent his time going from person to person. I manage to find out his name and where he comes from. The lady who now has him would like to adopt him. A lad on the reserve has to complete certain papers relating to his admission to a mental hospital as a voluntary patient. These are completed.

One or two pensioners have missed an old age pension payment. I take particulars and will write to the Department concerned to see what has happened. After completing the Reserve, I drive to the other homes to visit the balance of the people. Among the difficulties here is Mrs. — who is anxious to take maintenance proceedings against her husband. I know that she will never go to Court in a case of this nature and that she only wants to use my interest to scare her husband into giving her more housekeeping money.

p.m.—

Finish in —.

30 p.m.—

Arrive in —. Here I have a very active committee that is attempting to do something about the deplorable conditions under which the coloured people live. So far they have on hand all the material to build their new homes, but lack the industry to commence work.

Tonight there is a meeting called to discuss the disappointing result and to ask the coloured people in attendance just what they intend to do about it. Meeting progresses from 7.30 p.m. until 10.15 p.m. I then return to headquarters.

a.m.—

Arrive headquarters.

Mileage for day, 212 miles.

Total mileage for trip ..... 457 miles.