

Fish—

Flaked steamed fish or tinned fish cutlets, flavoured with chopped celery or cucumber, and mixed with a little tomato juice or mayonnaise.

Vegetables—

Any combination of salad vegetables which may include—

- Sliced tomato, cucumber, cooked beetroot.
- Shredded lettuce, tender cabbage leaves.
- Chopped celery, chives, onion.
- Grated carrot.
- Chopped parsley.
- Grated young raw beetroot.

Sweet Filings—

- Peanut butter and banana, or peanut butter and honey.
- Banana and raisins or chopped prunes or chopped dates.
- Banana and sliced pineapple.
- Chopped nuts and dried fruit.
- Minced raisins or other dried fruits and chopped apple or shredded pineapple.

Miscellaneous—

- Baked beans, plain or with a little shredded lettuce.
- Peanut butter, plain or with any of the salad vegetables, or dried fruits, or banana, or a little honey to flavour.
- Chopped nuts, with dried fruits, salad vegetables or a little honey.
- Yeast or vegetable extract with any of the salad vegetables, or sliced or grated cheese, or egg.

WRECK BAY AT THE ZOO



Patsy Brown, of Wreck Bay, found the Zebras fascinating



Mr. and Mrs. Les Gardiner, of Sutherland Waters, Tingha, and their snowman



Messrs. Greenberg, West, and Williams, of Mosman Lions Club, assembling the Wreck Bay youngsters at the Zoo when they had their day out recently