

Zeitschrift: Helvetia : magazine of the Swiss Society of New Zealand
Herausgeber: Swiss Society of New Zealand
Band: 65 (1999)
Heft: [5]

Rubrik: Your corner...

Nutzungsbedingungen

Die ETH-Bibliothek ist die Anbieterin der digitalisierten Zeitschriften auf E-Periodica. Sie besitzt keine Urheberrechte an den Zeitschriften und ist nicht verantwortlich für deren Inhalte. Die Rechte liegen in der Regel bei den Herausgebern beziehungsweise den externen Rechteinhabern. Das Veröffentlichen von Bildern in Print- und Online-Publikationen sowie auf Social Media-Kanälen oder Webseiten ist nur mit vorheriger Genehmigung der Rechteinhaber erlaubt. [Mehr erfahren](#)

Conditions d'utilisation

L'ETH Library est le fournisseur des revues numérisées. Elle ne détient aucun droit d'auteur sur les revues et n'est pas responsable de leur contenu. En règle générale, les droits sont détenus par les éditeurs ou les détenteurs de droits externes. La reproduction d'images dans des publications imprimées ou en ligne ainsi que sur des canaux de médias sociaux ou des sites web n'est autorisée qu'avec l'accord préalable des détenteurs des droits. [En savoir plus](#)

Terms of use

The ETH Library is the provider of the digitised journals. It does not own any copyrights to the journals and is not responsible for their content. The rights usually lie with the publishers or the external rights holders. Publishing images in print and online publications, as well as on social media channels or websites, is only permitted with the prior consent of the rights holders. [Find out more](#)

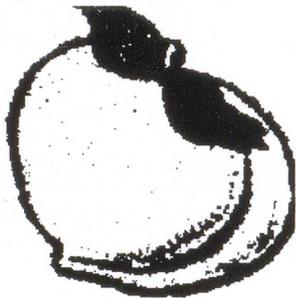
Download PDF: 22.02.2026

ETH-Bibliothek Zürich, E-Periodica, <https://www.e-periodica.ch>



'HELVETIA's Editing team offering themselves for re-election at the coming Swiss Society AGM in Wellington, . I.t.r., (front); Bert Flühler- Soc. Vice. President), Trudy Wilson-(Your Corner..), Ruth Waldvogel- (Secretary), Doris Rust-(Your Corner...). - I.t.r., (back); Heinz Leuenberger-(Delegate for Swiss abroad), Joe (Sepp) Staheli, Beatrice Leuenberger-(Soc.President), Charlie Waldvogel, Rinaldo Rust, (Editor).

Your Corner....



Food seems to play a big part in our lives - either in it's preparation, initially in growing fruit and vegetables, to preserving and jam making, or analysing it to see if it's good for you or if it contains too many calories, too much cholesterol or if it has been genetically modified to make it look appealing. For many of us a lot of thought and time goes into meal planning and preparation and naturally we want to eat food that appeals to our tastes and at the same time is healthy and of nutritional value. The following are some interesting facts about food:

Blackcurrants

- * Excellent source of vitamin C
- * Soothes sore throats

- * Combats bacterial stomach infections.
- Blackcurrants have four times as much vitamin C as an orange. Blackcurrants skins contain pigments which are known to inhibit bacteria causing stomach upsets.

Celery

- * May help to lower cholesterol levels and blood pressure
 - * Helps to relieve joint pain
 - * Low in kilojoules
 - * Good source of potassium
- Celery is a good source of potassium, which helps to maintain healthy blood pressure (as long as no salt is added). Celery contains a valuable anti-inflammatory agent which is said to help alleviate the painful symptoms of gout.

Peaches

- * Contains vitamin C and niacin
 - * Easily digestible
 - * Gentle laxative
- Peaches are easy to digest and have a gentle laxative effect. When canned they lose 40 per cent of their vitamin C content.

Rice

- * Good source of starch
- * Gluten-free carbohydrates, suitable for people with colic disease
- * Helps to steady blood sugar levels
- * Rice bran may reduce the risk of bowel cancer. The starch in rice is digested and absorbed slowly, thereby providing a steady release of glucose into the blood. This is helpful in controlling blood sugar levels. Rice is believed to relieve mild cases of diarrhea and constipation, and eating rice bran may reduce the risk of bowel cancer.

Yoghurt

- * Useful source of calcium and phosphorus
- * Contains protein and vitamins B2 and B12
- * May help to replace valuable bacteria in the gut killed by antibiotics and so boost the immune system.
- * May help to prevent bad breath, constipation and diarrhea, as well as aid digestion.

People who need calcium but cannot drink milk because of a lactose intolerance may find that they can tolerate yoghurt. Practitioners often advise eating live yoghurt after a course of antibiotics to restore the healthy intestinal bacteria that may have been destroyed by illness or treatment.

The above information was taken from "FOODS THAT HARM, FOODS THAT HEAL", - Reader's Digest.!

Doris and Trudy

YOUR SWISS BAKERY, PATISSERIE & CAFÉ

EVELINE & FRANZ MÜLLER

PH. 09 489 9737

5 Milford Road, Milford, Auckland.

* Bündner Nusstorte * Zuger Kirschtorte
* Hauskonfekt * Biberli * Urner Leckerli

Orders taken for all your special occasions

Hours: Monday & Tuesday 8.00 - 15.00
Wednesday to Friday 8.00 - 16.30
Saturday 8.00 - 14.30 Sunday closed.

