

Appendix 2

Letter from Miss Shelukindo from the newly established  
MLOLA Rehabilitation Unit

Miss Elizabeth I. M. Shelukindo,  
MLOLA Rehabilitation Unit,  
P.O. Mlola.

3. 4. 1970

Dear Mama Chakula Bora!

I am very glad to inform you that I am going on well with the Rehabilitation Unit in Mlola. The children's conditions are not as good as those of the children in the Soni Rehabilitation Centre. From my conversations with these girls in Mlola, I learnt that their conditions have already improved. The total number of the children is fourteen.

Please will you be so kind to send us the following things:

1. Dishes and spoons,
2. Toys for the children,
3. Clothes,
4. 1 or 2 buckets,
5. A big basin to wash the children,
6. Big pots to cook uji,
7. Soap and Towels.

Here is our daily routine: All children come at 8 o'clock in the morning and go home at 4 o'clock in the afternoon. In the morning the children drink milk, than they play until 12 o'clock noon when they get their uji with milk und sugar. They don't sleep after lunch and they can't get ugali or spinach for lunch, because we have no fat for cooking.

Please give my regards to all the girls in the SRC, as there are: Mama Anjelina Guga, Rehema Kulilwa, Aziza Ramazani, Zubeba Ally, Mariamu and Mwanaamusi, who come when I left.

I am all right here,  
Sincerely yours,

Miss Shlukindo

Appendix 4

Questionnaire on which Selection of Girls and Women was Based

1. Name and Address and where could you live in SONI or nearby?
2. Standard of Schooling.
3. Other Training?
4. Employed now and before?
5. What do you know about Soni Rehabilitation Center?
6. What are we doing here and why?
7. What do you know about "Under Five's Clinics"?
8. What are we doing there and why?
9. What is Chakula Bora?
10. In which food do you find vitamins and in which protein?
11. Do you know anything about Mal-Nutrition?
12. What is Kwashiorkor? What is Marasmus?
13. For what reasons ca a child get sick?
14. How many hospitals do we have in Lushoto District and where?
15. What are you doing, if a child is crying?
16. For what reasons do children cry?
17. How and what do children play?
18. What can you play with them?
19. Do you know how to knit, sew and cook?
20. How many ounces has one pound?
21. We have 15 bags of Unga in our store. We take 2 to Lwandai-Babyclinic and bring one back. How many bags Unga do we have now in the store?
22.  $25 \times 4 : 2 = ?$
23. We have 3 kg of uji-flour-mixture. Two parts are maize, 1 part is beans - how many kg each?
24. Do we have an Area Commissioner in the Lushoto District?
25. Who are the "Bunge" in the Lushoto District?
26. What is the Arusha Declaration and what does it say?
27. Name 3 countries of Africa.
28. Name 3 rivers of Africa.
29. Name 3 lakes of Africa.
30. Name 3 countries of Europe.