

WVS/WRVS Bulletin/Magazine

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Women's Voluntary Services for Civil Defence.

No. 30.

THE BULLETIN

April 1942.

"Give me leave to tell you that I do not believe in any war that ever was in former times, nor in any engagements that you have had with others, this Nation had more obligations upon them to look to itself, to forbear waste of time, precious time!"—CROMWELL, 1656.

DEFINITION OF A W.V.S. HOUSEWIFE.

A member of the Women's Voluntary Services Housewives Section is a volunteer who, on enrolment, owing to her personal circumstances, can only undertake to serve her neighbours in her own street.

WARSHIPS WEEKS CAMPAIGN.

The Warships Weeks Campaign came to a triumphant end when London and its sixty-two savings areas combined in a magnificent effort and reached the target of £125,000,000 by mid-day on the fifth day. Since the Campaign started in October, something like 1200 "weeks" have been held, and there is every hope that the final figure will exceed £450,000,000. Much of the work has been done by the half-million voluntary collectors throughout the country, of which W.V.S. members form a large percentage. Lord Mottistone, Chairman of the National Savings Committee, paid a special tribute to W.V.S. collectors recently when he said that he did not know how many of the Warships Weeks could have been held without the help of W.V.S.

Special efforts, such as women's days, baby shows, dances, concerts, pageants and whist drives have helped to swell the huge totals collected through the National Savings Groups; and the Streets Groups and School Groups have all done more than was expected of them. At Neath, one W.V.S. Group with a target of £300 raised £2887. Cleethorpes had a house-to-house collection with National Savings Stamps, and exceeded their target of £100 by £4835. Lymm W.V.S. raised over £15,000 in the total of £55,000. Newton Ferrars W.V.S. ran their Warships Weeks themselves and raised £22,000. At Peterborough, the National Savings Shop, which is permanently staffed by W.V.S., took £11,605, while the Centre at Leeds raised £45,000, and a sum of £400 was handed over as a free gift from the Rest Centres. Oldham staffed all the selling centres and took over £70,000. At Elland, Yorks, members of the evacuee club held a concert and raised £10 as a gift. At Sandy, Beds, the Welfare Centre for Evacuated Mothers made a special effort to raise enough for a ship's ensign. Southend W.V.S., in addition to manning all the selling centres, arranged an exhibition of gift American clothing, specimens of clothing, made from material supplied by the Ministry of Health, for evacuees, members making new clothes from old for the Southend evacuated children, camouflage nets being garnished, and garments made by the Central Hospital Supply Service. Lowestoft had a procession on Trafalgar Day, and at the special request of the Navy, in recognition of the work W.V.S. was doing for National Savings, Britannia was represented by a W.V.S. member. Headquarters Savings Groups helped to swell the London total by £5719, just twice the total aimed for, while the selling booths, manned by W.V.S., in Trafalgar Square, took £14,382.

Perhaps the most enterprising Centre was Sutton Coldfield, where two members visited two public-houses for three nights running and collected £2000 at each place.

The effort made by W.V.S. members has been magnificent; their energy and enthusiasm has been grandly contagious, and the fact that they realise this is an addition to their normal week-in, week-out national savings work and not just a spurt shows the firmness of their resolution to achieve their objective of helping to win the war.

CARE OF CARS AND MOBILE CANTEENS.

Your car, van, or mobile canteen has come through a severe winter, and probably has heavy work ahead of it without much chance of getting the repairs and renewals that you would like it to have. These notes may help you to keep it in good condition.

1. Anti-freeze may damage radiators if left in too long. Drain it off into clean tins for use next winter, when it will still retain some of its strength.
2. Tyres are more precious than ever. Take corners slowly, never drive over 30 m.p.h., check your pressures every week, go over each tyre for flints and stones, and try and arrange for your tyres to be retreaded in turn before they are quite worn out.
3. Check oil (engine, gear box and back axle), water, and battery yourself and learn to do your own small adjustments: don't leave everything to the garage, which by now probably has a smaller and less experienced staff.
4. Petrol economy is of first importance, but it must not lead you to overload your van in order to save a journey. A 5-cwt. or 10-cwt. van means one that can carry up to 5 cwt. or 10 cwt. in all: the driver's weight (10 stone=1 cwt.) must be included in your calculation.
5. However valuable its work, conditions of supply may prevent Headquarters—or anyone else—replacing your vehicle if it breaks down: treat it, therefore, with infinite care and consideration. Never drive with the choke out; never rest your foot on the clutch; change down in good time on hills or corners; use your brakes gently. Keep your car and engine clean and well-greased, oil the door-hinges, locks and joints, and remember that springs and shock absorbers do heavy work and need regular attention.

When you write to Headquarters to ask for help in getting spares, or to report difficulties, or to send news of your doings to the donors of your vehicle, remember to quote its Registration No., Make, and Regional No.

Does your car carry a W.V.S. Badge? They are still obtainable from Headquarters at 4s. 6d. each.

EMERGENCY FEEDING OF INDUSTRIAL WORKERS.

The tremendous expansion of industry involves many additional problems besides those of man and woman power. Not the least of these is the provision of adequate meals for workers wherever they may be or whatever the circumstances. Therefore one of the first Orders in Council sponsored by the Factory and Welfare Department of the Ministry of Labour and National Service made it compulsory for all factories employing 250 work-people and over to set up canteens manned by qualified paid personnel.

The difficulties in the speedy setting up of these canteens have been very great, and in some cases of special emergency W.V.S. helped managements by providing emergency services on a strictly temporary basis, mainly by mobile canteens. W.V.S. have also stepped into the breach where canteens have been blitzed, particularly in dock areas. On occasions, it is not too much to say, W.V.S. has helped in the Battle of the Atlantic by rushing in emergency feeding facilities for men loading and unloading or repairing ships. In one case, specially important technicians were fed, and in others W.V.S. provided a snack meal at the end of the ordinary day so that the men could put in more overtime.

Constructional workers have problems all their own. In many cases the men have to go out to lonely sites and first start to build their own

sledges, huts and canteens and then the factory or aerodrome which is their main objective. Although many contractors are able to provide a canteen before bringing in any quantity of men, very often there are squads working in far corners of the site who cannot reach their canteen in the time allowed for their mid-day meal. Here, again, W.V.S. has stepped into the breach until the contractors have completed their canteen arrangements.

Again, squads of men are sent to isolated spots on purely temporary work, who have no possible means of obtaining a sustaining meal, and where the job is only likely to last a short while. W.V.S. has again supplied the meals. Generally the food is obtained from the nearest communal feeding centre at communal feeding rates and conveyed to the site in special containers.

No request for help received from a factory management or contractor is met without first consulting the Welfare Officer of the Ministry of Labour or the Local Factory Inspector. This is the basis of the arrangement made centrally with the Ministry of Labour. The maximum "temporary period" during which W.V.S. may give help is three months.

An interesting development of this work is that W.V.S. help not only in keeping up output in emergencies, but are often able to advise on ways of dealing with difficult aspects of canteen organisation.

It is difficult to decide who most enjoys this link up, W.V.S. or the workers. The variety of workers who have been served with meals covers a wide range—aircraft workers, wharfingers, shipbuilders, engineering workers, stevedores, dockers, railwaymen, and special very precious technicians. The oddest request came from a power station in one of the most populated districts of London. At first it seemed impossible that they should require emergency help. On investigation it was found that the particular type of work was so urgent that the men could only be allowed half an hour for lunch and therefore could not get out to eat at near-by restaurants. In addition to this the men were a temporary importation additional to normal personnel, so that the works' canteen could not cater for them.

Besides making a valuable contribution to the war effort this work is proving extremely useful in "exercising" new canteen personnel.

DIG FOR VICTORY.

The Minister for Agriculture has stated in no uncertain terms that the food situation is likely to be more difficult next winter than this, irrespective of any turn the war may take. This is because more and more farmland is being given over to milk production or to growing wheat, barley, feeding stuffs and other things normally imported and which cannot be grown by the individuals in small lots.

Therefore the public will be obliged to depend more and more on home-grown fresh vegetables and fruit. If everyone who can would grow enough for their own household and to supply one other, preferably that of a neighbour on war production work, there would be no fear of an acute shortage, but, splendid as the efforts of a section of the population have been, further expansion is vital, particularly in urban areas.

Local Authorities are always ready to help the would-be gardeners to obtain allotments, and the Ministry of Agriculture has prepared a number of simple, clear directions for the benefit of the inexperienced. This is grand work for the Civil Defence workers who are standing by, as it can be fitted in to suit individual time-tables. The less active members of W.V.S. who have wide experience of gardening, can help by acting as advisers to their neighbours, especially if they make it their business to know what help is available from the Local Authorities or the Ministry of Agriculture. Women and the older children will have to roll up their sleeves for this work or the whole nation will suffer.

KNITTED COMFORTS FOR THE FORCES.

Owing to the system of "pooling" there is now little personal contact between the maker and wearer of knitted garments, and these facts may interest working parties.

ROYAL NAVY.—The receiving depots sort the garments and send them to the Naval Authorities at the ports, where they are distributed to men upon receipt of a chit from their commanding officers. When a ship is newly commissioned sufficient sets of knitted comforts are sent for every man to have one.

ARMY.—Completed garments are sent to the county depots and then distributed (a) by the Welfare Officer to units in the county; (b) to units adopted by the county; (c) elsewhere as directed by the Director of Voluntary Organisations.

ROYAL AIR FORCE.—All comforts are sent to the central depot in Berkeley Square, London, where they are sorted. R.A.F. stations are kept stocked from there with a sufficient number of sets of garments for each man to have one. Recruits and men arriving from other stations without knitted comforts apply for these from the store.

MERCHANT NAVY.—At the receiving depot the goods are made up into sets of six items, and enough sets for five men are packed into sacks and sent to the ports. Frequently work parties undertake to supply a number of complete sacks and a letter is enclosed saying whence the garments come. All ships of the Royal Navy on convoy duty carry twenty-five sets of kit for shipwrecked men of the Merchant Navy. The W.V.S., through its working parties, has supplied a large number of sweaters for this purpose.

OVERSEAS GIFTS.

W.V.S. acknowledge with thanks gifts received for the month ending 10th March 1942 from:

American Red Cross; Australian Red Cross; British Red Cross; Canadian Red Cross; New Zealand Red Cross; American Junior Red Cross; Australian Junior Red Cross; American W.V.S.; Bits for Britain, Montreal; Boxes for Britain, Montreal; British Babies' Bundles, Ottawa; British Embassy, Chile; British Consulate, Baltimore; British War Charities, Venezuela; British War Comforts Society, Edmonton; British War Relief Association, Northern California; British War Relief Association, Southern California; British War Relief Society, Inc., U.S.A.; Bulldog Group, Montreal; Bundles for Britain, America; Bundles for Britain, Australia; Bundles for Britain, South Africa; Burma War Comforts Association; Canadian Machinery Corps; Canadian Women's Institutes; Corvette Group, Montreal; Council of Women, St. Catherine's, Ontario; Eaton Employees Group, Montreal; Elizabeth Arden Auxiliary, Toronto; Federation of Women Workers for Britain, Chile; Friends of the Children, Inc., N.Y.C.; Gibraltar Women's Guild, Madeira; Girl Guides of Westport, Ontario; Goodwill Group, Montreal; Imperial Order Daughters of the Empire, Canada; Inanda Seminary, Natal; Junior King's Daughters, Gananoque, Ontario; Kinsmen's Clubs of Canada; Ladies' Aid Red Cross Unit, Montreal; Ladies' Auxiliary Canadian Legion; Lady Galway Patriotic Guild, New Zealand; Lady Tweedsmuir Work Party, Ottawa; Lancashire Group, Montreal; Librarians War Service Group, Hamilton; Madison Branch (W.C.T.V.), Montreal; Mobile Canteens for Britain, Sydney; Mole and Sovereign War Works, New South Wales; Myer's Manchester Workrooms, Adelaide; Noordyn Aviation Limited, Montreal; Onitsha Educational Department, Nigeria; Royal Trust Ladies' Club, Montreal; Ryerson United Church, Hamilton; Senior King's Daughters, Gananoque, Ontario; South Africa Voluntary Services, London; South Africa Women's Auxiliary Services, Zululand; Steady Workers, Montreal; Temple Emmanuel Sisterhood, Montreal; Thistle Club, Washington; "V" Bundles of British Columbia; "V" Bundles of Lennoxville, Quebec; "V" Bundles of Manitoba; "V" Bundles of Montreal; Welsh War Victims Fund, Toronto; Westmount Women War Workers, Quebec; Willow Club, Vancouver; Winona Circle, Gananoque, Ontario; Winston Churchill Group, Verdun; Women's War Workers Unit, Sydney. Also many individual gifts have been received from the Dominions, Colonies and Protectorates of the British Empire, from the United States and from South America.

NATIONAL SALVAGE COMPETITION.

We congratulate the winners of the first prizes in the National Paper Salvage Competition at the following places: Keswick, Meltham, Prescot, Dolgelly, Ketton, Boston, Stratford-on-Avon, Llandrindod Wells,

Ilminster, Holsworthy, Wimborne, Minster, Desborough, Bungay, Aylesbury, Tonbridge, Bognor Regis, the City of London and Holborn.

Special praise must go to Ketton where the amounts of paper, cardboard and similar materials collected in the rural district amounted to 32 tons, an average of 24 lb. per head of the population. This was the largest collection per head in the whole of England. W.V.S. members organised the collection in the villages, and the result of the drive, in an area which has always shown satisfactory salvage returns, is a fine reward for steady co-operative effort between Local Authorities and voluntary helpers. During the sorting of the salvage the volunteers wore masks of butter muslin to protect them from the dust.

In Bungay W.V.S. not only played an important part during this drive but for nearly two years they have been responsible for collecting and baling the waste paper. They have been complimented by the purchasers of the waste paper on the fact that their bales are more tightly packed than those baled by men in other districts.

COLLECTION OF BONES AND RUBBER.

It has become of the greatest importance to recover every scrap of bone in the country and all unusable rubber articles. Bones are urgently needed for the manufacture of glue, for glycerine, for high explosives and for fertiliser and cattle meal.

We all have such small individual amounts of bones each week that it has often been the case that these get lost when put with the usual salvage collection. In order to ensure the safe delivery of these precious bones the Westminster City Council has arranged for the street sweepers to accept them together with old rubber articles from the householders. The sweepers' hand-carts are divided into two receptacles, one of which is now kept for bones. A sack is attached to the handles of the cart in which the sweeper can put small amounts of paper salvage.

A loud-speaker van was used to make this scheme known to the householders, who were instructed to make contact with their local street sweeper so that they should know when he would be working in their street.

This arrangement in no way supersedes or alters the normal collection of salvage by dustmen, but is an additional service designed to recover the small scraps which have hitherto been lost. It is one which might well be adopted with success in other towns.

COAT HANGERS.

Many clothing depots in the regions are in great need of coat-hangers which are now practically unobtainable. Most people, on the other hand, have fewer clothes to hang in their wardrobes, and have, therefore, some useless hangers to spare. The clothing depots which are in need of hangers might well appeal to local householders, while those people who have surplus hangers should offer them to their nearest W.V.S. clothing depot.

NOTES OF THE MONTH

Two of the most assiduous knitters attached to the Middlesbrough W.V.S. are ladies of ninety and ninety-four. Another knitter for this Centre has nine boys and three girls serving with H.M. Forces.

Ashton-under-Lyne W.V.S. is organising a rota of helpers who will act as Home Helps to the families of soldiers who are in temporary difficulties owing to illness or accident.

The Colne W.V.S. report that they are busy knitting mittens from waste material such as the selvedges of elasto-crepe, for use on Balloon Barrage sites or minesweepers.

REPORT FROM SCOTLAND

BACK TO SCHOOL.

Probably one of the most striking aspects of the women of this war is their desire for knowledge. Members of the W.V.S. have tackled all sorts of jobs about which they knew nothing when they enrolled, but of which they have determined to become masters, and because of this there is an immediate response to any training schemes arranged for them.

Such schemes in Scotland have included the formation of the W.V.S. monthly school, of which the fourth was held recently. More and more members are applying to attend this school, and there are now bookings up to October! The Course lasts four days and covers every aspect of W.V.S. work. For the benefit of those who are unable to attend four days, and who are interested in a particular part of the work, One Day Conferences are to be arranged. The first of the series—on Food—has been held, and others are likely to follow on Clothing, Salvage, and Rest Centres. So many people wished to attend the Food Conference that it was impossible to include them all on the first occasion, and other days will have to be arranged.

When Mrs. Huxley, Chief Regional Administrator, was in Scotland recently she commented that she thought it a good thing that the W.V.S. should become school and conference minded, providing one thought of "conference" in its new sense, as a vigorous, practical and alive gathering.

SOCK-MENDING SCHEME.

The scheme for mending socks for the Army has had an immediate response from W.V.S. in Scotland, although some Centres complain that they have many work parties eager to do the work, but that the Army are slow to take advantage of facilities. Several Centres have, however, obtained the necessary co-operation, and one burgh has thirteen work-parties constantly dealing with holes. Another Centre was asked by a Commanding Officer, who apparently thought it was good for the men to darn their own socks, to give them lessons in darning, and instruction classes at the local camp are proceeding. A Border Centre not only mends socks but kilts. A Highland Regiment asked the Centre Organiser to "reconstruct" 750 protective kilts and aprons.

FILM SHOW.

A special showing of the film "W.V.S.," together with an interesting supporting programme, including "Queen's Messengers," was given at the Caley Cinema, Edinburgh, which was attended by over a thousand people. Regional, District, and City Officials were among the guests. W.V.S. members from all over Scotland also attended, including many who had taken part in the making of the W.V.S. film, which was declared to be interesting and inspiring.

During the interval the Chairman, Lady Ruth Balfour, introduced the Lord Provost of Edinburgh, and made an urgent appeal for recruits to the W.V.S. The Lord Provost backed up this appeal, and said no woman with spare time should stay out of Civil Defence work, and if she had no spare time she should make some by reorganising her life.

STREET SAVINGS GROUPS.

In view of the fact that Lady Ruth Balfour has been appointed a member of the Street Savings Groups Sub-Committee of the Scottish Savings Committee, it is particularly appropriate that there should have been an unusual amount of news of W.V.S. Street Groups in the past month. The smallest county in Scotland collected £5000 in four weeks. The membership of W.V.S. groups in another small town is 2200 and £180 weekly is collected. A number of Centres report the formation of new groups. The Street Savings Group Sub-Committee is drawing up a list of areas where the response to the scheme has not been good, and the help of the W.V.S. will be enlisted in these places.

FOOD DEPARTMENT NEWS

FOOD EDUCATION.

It is now an established fact that good health is largely dependent on food. This does not mean merely sufficient food to satisfy the appetite, but food containing all the vitamins and mineral salts which are essential for correct development and the maintenance of good health. The term "well balanced meal" is used to describe a meal which fulfils this ideal.

A meal will be well balanced if it contains—

1. Plenty of the foods which will build up resistance against infection, and stimulate growth. These are termed protective foods (e.g. milk, green vegetables, carrots, salads, wholemeal bread and oatmeal).

2. A small quantity of body-building foods (*e.g.* meat, cheese, fish, milk or eggs). These foods supply material for the formation of bones, muscles and other body tissues. If they are stretched out to-day with pulses, oatmeal, whole-meal or wheatmeal bread and flour, food of good body-building value will be obtained.

3. Energy foods (*e.g.* potatoes, sugar, fats, etc.), which essentially supply the body with energy for work and heat for warmth, must be eaten in sufficient quantity to satisfy the appetite.

Home-grown foods, such as green vegetables, carrots, potatoes, oatmeal and raw vegetable salads must form the basis of all meals to-day. Their importance cannot be underestimated. From the health point of view, they supplement the rationed dairy foods (*e.g.* milk, butter, cheese and eggs), help to stretch out the meat ration, while potatoes and oatmeal are valuable as a source of energy. From the national point of view, an increased consumption of these home-grown foods will save shipping. It is particularly true where potatoes are concerned, as they can be used very widely to replace bread.

More than half the value of vegetables can be lost if they are badly cooked. In the national interest every woman in the country must learn to cook her vegetables correctly, as follows:

1. Always use vegetables as fresh as possible.
2. Never soak, unless they are very dirty, and then only for 10 to 15 minutes in salted water.
3. Shred all green vegetables and plunge into small quantity of boiling salted water.
4. Cook for 10 to 15 minutes with lid on.
5. Serve immediately.
6. Root vegetables should be scrubbed and plunged into boiling salted water and cooked as above. Peel before serving, if desired.
7. Salad should be made as required, never prepared hours before a meal.

IMPROVISATION IN RURAL FEEDING SCHEMES.

With the increasing difficulty of transport, now is the time to think of new and different ways of getting food containers to outlying villages.

In the Ministry of Food's circular on Meals in Rural Areas of 17th January, they suggest that arrangements should be made for the transporting of food in heat-retaining containers from British Restaurants and Cooking Depots by:

- (a) Cars owned by the W.V.S.;
- (b) Tradesmen's vans;
- (c) Local bus service.

Local needs obviously differ and must be met in different ways. Where possible, it has been suggested that pony and donkey carts, boxes on wheels or hand-carts should be used.

Please let the Food Department at Headquarters know of any new ways that the inventive mind can devise for solving this transport difficulty. New ideas can then be pooled for mutual information.

Hereford reports that "when the snow was too bad to take the van out, the containers were carried to the bus and taken down that way to the Feeding Centre, where the food arrived too hot for the children to eat."

A RURAL FEEDING SCHEME.

The following Questionnaire was sent by a County Organiser to several villages to ascertain the probable number of people wishing to avail themselves of the service:

1. How many individuals in your village would like extra meals, and on what days?
2. Have you a convenient place in your village from which to run the distribution of food?
3. Can you get volunteers for the distribution of food and the collection of money each day?

A short notice accompanied this Questionnaire saying what the meal would consist of and the price, and also explaining that the Ministry of Food is anxious to give country districts as good an opportunity as the towns for obtaining food apart from the Ration Book.

The van that was carrying out this scheme called at a village when it was proved that there was a minimum of six people who had undertaken to buy a meal. The van was met by a local W.V.S. member, who received the container for her village, and arranged to serve the meals and collect the money. The van subsequently collected the empty containers and the cash.

In this scheme, the van is used for pioneer and propaganda work, and as soon as there is a steady and a large enough demand from any one village, a

more permanent arrangement, such as a British Restaurant or Cash and Carry Kitchen, is set up, and the van is then released to canvass further villages. So rural feeding spreads.

MEALS FOR NIGHT WORKERS.

BREAKFAST (before going to work at night).—This meal must be tasty and sustaining, as many night workers will only take a light meal at work. A two-course meal is recommended and should consist of: porridge or wheatmealies and national household milk; savoury dish; toast, margarine or jam, Tea.

Recipes. (a) **WHEATMEALIES.**—Cut wheatmeal bread into cubes and dry in a cook oven or under a slow grill until crisp and brown. Serve as a cereal with milk and sugar.

(b) SAVOURY DISHES (for 2 persons):

1. *Turnovers.*—4 oz. flour, 1 teaspoon baking powder, 1 to 2 teaspoons custard powder, parsley or herbs, $\frac{1}{2}$ to 1 rasher bacon. Mix together flour, custard powder, baking powder, salt and parsley. Mix to a soft scone dough with milk and water. Roll out to half inch thick, cut into four rounds and put a little chopped fried bacon in the centre of each, fold over and seal edges. Fry in bacon fat, or cook in boiling water for 4 to 5 minutes.

2. *Potato Cakes.*—8 oz. cooked mashed potato, browned breadcrumbs, $\frac{1}{2}$ to 1 rasher bacon, 2 teaspoons sauce, salt and pepper. Fry and chop bacon and mix with mashed potato and seasoning. Shape into four round flat cakes and dip in browned crumbs. Fry in bacon fat, or bake in a hot oven for 10 minutes.

3. *Cheese Crispies.*—2 oz. flour, 1 oz. grated cheese, parsley, seasoning. Mix flour, parsley and seasoning; make a pastry dough with water. Roll out and sprinkle with cheese. Roll up and cut into quarter-inch slices. Put on greased tin and grill sides for a few minutes until brown and crisp.

HIGH TEA (after coming from work in the morning).—The High Tea type of meal usually eaten is frequently badly balanced, due to the fact that vegetables are rarely taken. The following type of meal is, therefore, recommended: either Savoury dish and cooked vegetables, raw vegetable salad or sandwich, tea; or Vegetable soup, savoury dish and raw vegetable salad, bread and jam, tea.

Recipes. (a) SAVOURY DISHES:

1. *Corned Beef Rissoles.*—2 oz. breadcrumbs, 4 oz. potato (cooked), 4 oz. cooked mixed vegetables, 2 oz. corned beef, 2 tablespoons sauce, salt and pepper. Mash together potatoes, mixed vegetables and corned beef, stir in breadcrumbs and sauce, season well. Form into sausage shapes, roll in browned breadcrumbs and bake in a hot oven for 20 minutes.

2. *Ocean Pie.*—3 oz. pastry, $\frac{1}{4}$ lb. carrots, 1 oz. celery or onion, 2 oz. cod (cooked), 1 oz. bacon, vegetable stock, salt and pepper. Line a tin with two-thirds of the pastry. Chop cooked vegetables, mix with grilled bacon and arrange in layers with cod in the pastry case. Cover with a pastry lid and cook in a moderate oven for 30 minutes.

3. *Stuffed Pancakes.*— $\frac{1}{4}$ pint batter, 2 medium-sized cooked parsnips, 1 oz. grated cheese, fat, salt and pepper. Use half the batter to make small pancakes. Mix cooked mashed parsnips, grated cheese and seasoning. Spread pancakes with a little of the mixture, roll up pancakes, dip in the rest of the batter and fry in hot fat until golden brown.

(b) RAW VEGETABLE SALADS:

1. *Cabbage and Beetroot Salad.*—Wash and shred raw cabbage heart, and mix with diced beetroot. Serve with vinegar, salt and pepper.

2. *Swede, Carrot and Parsley Salad.*—Wash and scrub carrots, peel swede and grate both on a cheese grater, arrange in piles in a bowl, sprinkle with chopped parsley. Serve with eggless mayonnaise.

3. *Sprout and Potato Salad.*—Cook and dice potato. Wash and shred sprouts. Mix together, season with and dress with vinegar or eggless mayonnaise. Decorate with grated raw carrot. These salads can be served separately or used as a sandwich filling.