

WVS/WRVS Bulletin/Magazine

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Women's Voluntary Services for Civil Defence.

No. 37.

THE BULLETIN

November 1942.

"Never succumb. There is a salient living principle of energy in the public mind of England, which only requires proper direction to enable her to withstand this, or any other ferocious foe. Persevere, therefore, till this tyranny be overpast."

EDMUND BURKE, 1728-1797.

FUTURE POLICY OF CIVIL DEFENCE

BY THE DIRECTOR-GENERAL, MINISTRY OF HOME SECURITY

ONE of the most important things of all is that Civil Defence should try and think ahead and face up to problems which may come in the future, and be prepared for the organization to meet them. We have had a great deal of experience in various directions from which we have learnt much, but it is most important that we build on this experience in our preparations for the future.

One of these points is the question of future bombing and the form it will take. It may be that we shall have to face concentrated attacks of a character rather different from those which we have experienced in the past, attacks which may put a strain on the Civil Defence organization. I believe it is very important to ensure sufficient flexibility so that we can adapt ourselves to meet what may be new circumstances, and that we should all overhaul our existing arrangements to see whether they are likely to prove adequate, whether we have sufficient dispersal and are generally prepared, and, above all, are not surprised by anything the enemy may do.

Fire may play an important part in these attacks, as it has done in the past, and the more concentrated the attack, the more we must concentrate our own resources to meet it. It is particularly important that we train and think in terms not only of the individual stirrup-pump team, but in the use of batteries of stirrup pumps, which can be concentrated on an area either to put out fires, or if this is not possible, at least to try and control them, and that in high fire risk areas we have a very close link with the National Fire Service.

Women are being increasingly used in many of the different branches of Civil Defence, and with the increasing man-power problems reliance has more and more to be placed on women. Indeed there are many jobs which were at one time thought to be only suitable for men but which women have gladly and efficiently undertaken, such as decontamination.

We must also see that our preparations for invasion are absolutely complete, and there is a tremendous field in the Housewives Section apart from all the other work which is being undertaken. There is one fundamental conception which everybody should understand, and that is the need for self-sufficiency, and the ideal at which to aim is to have in every street no matter whether it is in town or village a little self-contained organisation, with the Housewives, Fire Guards and Wardens, which can to a large extent look after itself and the population. There are many important tasks for Civil Defence in invasion, and it is of first importance that we give every assistance we can to the military forces, and at the same time see that nothing should happen which might hamper them in any way.

There is no doubt that we can meet and defeat any future attacks by the enemy, but we shall make the task much easier for ourselves and everyone concerned if we think ahead now and satisfy ourselves that what we have had in the past may not necessarily be an exact guide to what we may have to meet in the future, and that we never rest until we are certain that we are as ready to play our parts as is humanly possible.

W.V.S. CIVIL DEFENCE COURSE

THE Ministry of Home Security Civil Defence Staff College held a special course recently on present and future questions of Civil Defence and co-operation with the Services for senior members of Women's Voluntary Services. Courses at the College are normally attended by Controllers of the Civil Defence Services, and W.V.S. is much indebted to the Ministry for allowing the Course to be held at the College, and for arranging such an admirable programme.

Lecturers from the Ministry of Home Security, Ministry of Health, War Office, Home Guard Directorate and Ministry of Food discussed the co-operation between their department and the Civil Defence organisation throughout the country. The syllabus included lectures on the recent development in the Civil Defence Services arising from the man-power problem, emergency feeding, the military and civilian aspects of invasion, lessons of raiding and post-raid problems, and a realistic post-raid and invasion exercise. The Course was closed by a lecture from the Inspector-General, Ministry of Home Security, Wing Commander Hodsoll, C.B., who dealt with forward policy.

The work was hard—four lectures a day each followed by discussions and films or further discussions in the evenings—but at the same time it was refreshing to be in such beautiful surroundings in the country and to be without W.V.S. responsibilities for four days.

The most admirable system of "flagging" was followed during the discussions. The desks were provided with three flags, and a student put up a green one when she wished to open a new point, a pink when she wished to continue the discussion on the same point and a white one when she could not hear what the speaker was saying. An agitated flutter of pink flags went round the room when any particularly controversial point was raised.

One of the high spots of the Course was the exercise in which the members were divided into syndicates, each representing an Invasion Committee meeting under emergency conditions, and each member of it representing an official such as the Town Clerk, Chief Constable, Public Assistance Officer, etc. Immense trouble was taken by the College Staff to make conditions realistic. Sirens were sounded at full strength, gramophone records of actual blitz noises were played throughout, so that work had to be done to the sounds of falling bombs and the anti-aircraft barrage. Lights failed, gas was released and even the ceiling fell. Work had to go on at high speed whatever happened because constant messages were received, and each of the genuine ones demanded fresh action. The absolute necessity of checking back each message to its source was again emphasised. The exercise emphasised the importance of decentralisation and self-sufficiency, and gave members valuable hints on how to paint the picture when planning an exercise.

Much talking was done between lectures and at all hours, and members who attended came away not only with a greater knowledge of Civil Defence questions, but also with a wider understanding of the part played in them by their own Service, and a heightened realisation that however many other activities W.V.S. may undertake it is "for Civil Defence," and this remains its foremost strength.

Those who attended the Course were:

HEADQUARTERS: The Dowager Marchioness of Reading, D.B.E., *Chairman*.
Miss M. E. Nanson, *General Secretary*.
Mrs. Lindsey Huxley, C.B.E., *Chief Regional Administrator*.
Mrs. Benn, *Public Relations Officer*.

The Hon. Mrs. M. Bridgeman, *Food*.
The Hon. Isobel Catto, *Services Welfare*.

Mrs. G. H. Dunbar, *Overseas*.
Mrs. J. C. N. Harris, *Clothing*.

Miss F. M. Hopkyns, *Salvage*.

Miss A. C. Johnson, O.B.E., *Personnel and Training*.

Mrs. M. B. Macaulay, *Headquarters Information Bureau*.

Mrs. H. Railing, *Labour Supply*.

Mrs. R. Scott, *Under Fives*.

REGION 1. Mrs. Stewart Reid, M.B.E., *Regional Administrator*.

Mrs. M. S. Gordon, *County Organiser, Co. Durham*.

REGION 2. Miss M. Aykroyd, *Regional Administrator*.

Mrs. Ryder Runtun, O.B.E., *Regional Evacuation Officer*.

Mrs. H. A. Watson, O.B.E., J.P., *County Organiser, East Riding*.

- REGION 3. The Hon. Mrs. Baird, M.B.E., *Regional Administrator*.
Mrs. Mellows, *County Borough Organiser*, Peterborough.
Mrs. Noel, *County Organiser*, Leicestershire.
- REGION 4. Miss M. E. Gray, O.B.E., *Regional Administrator*.
Miss M. D. Radcliffe, *Assistant to Regional Administrator*.
Mrs. V. Martin-Smith, M.B.E., *County Organiser*, Hertfordshire.
- REGION 5. Miss K. M. Halpin, O.B.E., *Chief of the Metropolitan Department*.
Mrs. Cooper, *Administrator*, Group 2.
Mrs. Murphy, *Administrator*, Group 5.
Mrs. Darling, *Administrator*, Group 6, Sub-Group A.
- REGION 6. The Marchioness of Northampton, *Regional Administrator*.
Lady Helen Smith, *Assistant to Regional Administrator*.
- REGION 7. Miss E. Wade, O.B.E., *Regional Administrator*.
Mrs. Craig, *County Organiser*, Devonshire.
The Hon. Mrs. Peek, *Assistant County Organiser*, South Devon.
- REGION 8. Mrs. Clement Davies, *Chairman*, Welsh Advisory Council.
Miss Gwyn Owen, *Assistant Regional Organiser*.
- REGION 9. Miss E. V. Peake, *Regional Canteens Organiser*.
Mrs. Ryland, *Warwickshire County Organiser*.
- REGION 10. Miss D. Foster-Jeffery, O.B.E., *Regional Administrator*.
Mrs. Burkhardt, *Regional Training Officer*.
Mrs. W. Denton, *County Borough Organiser*, Liverpool.
- REGION 11. Lady Ruth Balfour, C.B.E., *Chairman*, W.V.S., Scotland.
Mrs. Wilson, *Joint District Administrator*, Western District of Scotland.
- REGION 12. Lady Worsley, *Regional Administrator*.
Mrs. Kleinwort, *East Sussex County Organiser*.
- N. IRELAND. Lady Stronge, *Chairman*, W.V.S., Northern Ireland.

DEFENCE AGAINST INVASION

WIMBLEDON, 11TH OCTOBER

AN invasion defence exercise was held here this afternoon. It showed that the invasion defence organisation in the district was well prepared.

The invasion defence organisation in this borough is formed on the following lines. There is an invasion defence officer. He is appointed by the Regional Commissioner and is usually the civil defence controller. With him are associated a W.V.S. centre organiser, local representatives of Government departments and public utility undertakings, and the officer or officers commanding the local Home Guard, who form a local consultative board. The borough area is divided into five districts. Each district is under the control of an invasion warden, with whom the W.V.S. district leader, a medical officer, a police officer and voluntary officers representing Government departments and public utilities co-operate.

At each wardens' post are a post invasion defence officer and a W.V.S. post leader who control the street leaders, of whom there are two, a man and a woman, for each street or small group of streets. Each street is divided into sections comprising small groups of houses each under two section leaders, a man and a woman.

For yesterday's exercise it was assumed that the south-east of the country had been invaded, and the borough severely bombed, the railway station and the town hall, where the civil defence command is stationed, being extensively damaged. A number of soldiers and a few civilians had been either killed or badly wounded in the streets by machine-gun fire from the air. There is no hospital or first-aid post in the district where the exercise took place, and the only ambulance station had been knocked out by bombs. Women belonging to the W.V.S. Housewife Section at once came from their houses and rendered first aid, assisted by a medical officer. This was well done.

The wounded were then taken into houses on stretchers or otherwise. The houses that could take these wounded all have special signs in their front windows, while houses in which women-trained members of the W.V.S. Housewife Section live also have signs in the front windows. In the county there are more than 30,000 women so trained. They have attended lectures and demonstrations in first aid, some of them for more than three years.

Whole streets were then evacuated and the people mustered and found billets. A large number of refugees then swept down a side street. The invasion defence organisation had been warned that they were coming. Streets were barricaded

most expertly, and in a very short time, thus causing the flood of refugees to go into a local recreation ground, where two mobile canteens were waiting to give them food and drink. Police interrogated them, and here again were first-aid parties and a medical officer. Women were cooking for working parties who were digging fire trenches and such like.

The water supply was supposed to have been put out of action, and water tanks arrived. An emergency feeding centre was opened owing to the failure of the electricity, gas and water supplies. The local information centre at once passed the word round among householders. The rumour that the water at a well used for an emergency was poisoned was quickly denied.

The inhabitants in the district showed that they had been well drilled, and they entered into the exercise as if they enjoyed it thoroughly. There was no shortage of houses containing notices indicating ability and willingness to take in wounded or ability to render first aid. The refugees in many cases had dressed up to look the part; there were many perambulators or handcarts piled high with household belongings, innumerable dogs of all breeds and plenty of children who seemed to be enjoying it to the full. (Reprinted from *The Times*, 12th October 1942).

W.V.S. UNIFORM

THE Chairman wishes members to know that she has been greatly troubled about the annoyance and disappointment caused by the long delays in fulfilling their orders for uniform. She fully sympathises with them and has taken up the matter with the highest authority concerned. She has been assured that in the immediate future the causes for complaint will be removed and ample stocks of all garments will be available. She trusts, therefore, that members will exercise patience for a short time longer if their orders have only recently been sent in. Those whose orders have been outstanding for any considerable period should report them to their Centre Organiser who will pass on the complaint to Tothill Street, where the Uniform Department will at once take it up. Members will realise that it is necessary to have full details for identification of their orders, among the many thousands handled at Hinckley. The member's category, number of her permit to buy and the fee slip serial (receipt) number, or the C.R. number of any correspondence she has had from Hinckley are essential details.

During the early period after March when all W.V.S. uniform was called in from the authorised retail shops and concentrated at the Ministry of Home Security selling depot at Hinckley, orders were handled with expedition from the stocks available. There were difficulties, of course, caused by short supplies of certain sizes. It was hoped that the completion of fresh contracts would soon obviate these shortages and the delays caused thereby. But unfortunately there have been long hold-ups, both in the making and the completing of the contracts. Members may, however, be reassured by the official statement that considerable deliveries of most items of uniform were expected in October, so we may hope that the situation will have become really satisfactory by the time this Bulletin is published.

There will, we hope, be satisfaction for those who cannot be fitted from our wide range of stock sizes, in the arrangements now completed for made-to-measure uniforms at very reasonable prices and the same coupon rates. Thus an overcoat or a suit costs only 10s. more; a dress with short sleeves is 17s. more, and with long sleeves 20s. more. The form to be applied for to 41 Tothill Street, by or on behalf of the individual requiring, it is W.V.S. 13; the category and permit to buy number must be stated. A certain number of members who are not easy to fit have expressed the wish to be allowed to buy material by the yard to be made up by their own tailors and dressmakers. This can be obtained now, on form W.V.S.12, which must be applied for to Tothill Street under the same rules as W.V.S.13. The overcoat material is 18s. a yard, suit material 16s. 6d. a yard; both are 56 inches wide. Dress material is 10s. a yard, 36 inches wide, the coupon rates being 4½ and 3 per yard respectively. Badges (6d.) and buttons should be applied for at the same time as the above forms from Tothill Street; the prices of sets of the latter being given in circular CN. A8/42.

There is a considerable demand for second-hand uniform and small stocks of any that becomes available are held in the Uniform Department at Tothill Street. Members must not, on any account, advertise publicly for the sale or purchase of W.V.S. second-hand uniform. There is an excellent chance of a quick sale if it is offered, in reasonably good condition, to the Uniform Department. Prospective buyers must state their measurements. Sellers should give full measurements and the price asked.

By way of postscript, it may interest members to know that the items of uniform they ordered from Hinckley up to 3rd October totalled 36,288. Of these 28,800 have been despatched, leaving rather more than a fifth still to be delivered.

NOTES OF THE MONTH

PRESENTATION OF MOBILE CANTEEN

On 15th October, Brigadier Walford, M.M., Canadian Army Headquarters, presented, on behalf of the Ogilvy's Victory Club of Montreal, a mobile canteen to the Chairman, the Dowager Marchioness of Reading. This canteen will be used on the south coast.

CHRISTMAS CARDS

There will be no official Christmas card this year, and W.V.S. members are urged to make a practice of not sending cards. They are asked to remember that it is not only a question of paper, but that the labour position in the Post Offices will be extremely difficult this Christmas, and that efforts should be made to reduce the Christmas post as much as possible.

CALENDARS

Owing to the interest taken in previous W.V.S. Calendars by our Overseas friends, it has been decided to publish a 1943 edition, a certain number of which are available for this country as Christmas presents at 1s. 6d. each, including postage. The Calendar, which is half the size of last year's, is printed in green, red and black and presents a more cheerful appearance than formerly.

On the cover is a photograph of Their Majesties, the King and Queen, talking to W.V.S. members, and other photographs illustrate various aspects of W.V.S. work such as repairing respirators, salvaging tins and scrap iron, feeding soldiers and agricultural workers, clothing children, garnishing camouflage nets, war nurseries, books for isolated troops and vegetables for sailors.

In view of the small number of calendars available, orders should be sent, with remittances, as soon as possible to the Publicity Department, W.V.S. Headquarters, 41 Tothill Street, S.W.1. Block orders where possible will be appreciated. Cheques should be made payable to "W.V.S. for Civil Defence."

LETTER TO THE CHAIRMAN FROM MR. W. W. WAKEFIELD, M.P., DIRECTOR, A.T.C.

DURING my visits of inspection to units of the Air Training Corps I have been very much impressed by the great help which the Corps is receiving throughout the country from the Women's Voluntary Services. Not only in our administrative work, but, in particular, in connection with the running of canteens, the help given us has been quite invaluable. Many of our cadets are working long hours, and come straight from work to parades, and we have found the canteens most essential for their well-being.

We are indeed most grateful for the help given in this and so many other ways to our Corps. It makes our task that much easier in ensuring that however long the war goes on, at any rate the Royal Air Force, the Fleet Air Arm and the Army Airborne Division will not be lacking in material of the right quality.

SCOTTISH REPORT

CLOTHING DEPOT EXERCISE

A NEW kind of Exercise took place in Edinburgh this month, when a Clothing

Depot was opened, and members of Headquarters Staff, Clothing Officers from the south-east District, and W.V.S. Edinburgh Centre Staff acted as homeless people requiring clothes from the Depot. Each came armed with information as to the part they had to play. Some were youths who had got drunk on the money provided by the Assistance Board for clothing,

but who had their clothing coupons intact, others were expectant mothers who had lost layettes, unexploded bomb victims and "comparatively wealthy" women who had been out dancing when their homes were demolished. All had their story to tell, sometimes typically genuine, sometimes of the "I heard there were some clothes being given out free, and I did not see why I shouldn't get some" variety! The interest created when the Clothing Depot staff tackled their problems was lively, and much valuable information

was gathered later when there was a full post-mortem.

It is suggested that these Clothing Depot Exercises should be held in each District and then locally, and Scottish Headquarters have circulated lists of suggested cases to District Administrators, together with the answers. Several suggestions have been made for the guidance of Umpires at such Exercises, which include the advice that the general arrangements of the Depot under crowd conditions should be watched, that it should be noted whether if assistants have to ask for guidance they are tactful enough not to do so in front of the applicant, and that account should be taken of whether or not the assistants are timid and indecisive. The Regional Clothing Officer takes the view that it is better to make a wrong decision firmly than to fumble!

NORTH-EAST DISTRICT SCHOOL

The first District School to be held in Scotland has just been completed at Aberdeen. It was pointed out that members from the north-east District had considerable difficulty in attending the Scottish Schools organised each month in Edinburgh, and suggested that two one-day schools should be held in Aberdeen as an experiment. Aberdeen city members attended the first day, and members of all the counties in the North-east, except Orkney and Shetland, the second day. The District Commissioner for the North-east showed his approval by preceding each with a short address, when he took the opportunity of complimenting the W.V.S. on the magnificent work they are doing, and commented that the response from voluntary women workers in Britain to calls for National Service must have given the greatest shock to Hitler and his gang, all of whom regarded this country as decadent. He particularly praised W.V.S. for the work they had done in Aberdeen recently in connection with a Reinforcement Camp Exercise, for their staffing all over the District of the V.C.P. Offices, and for the help they had given in Rest Centres. He also mentioned

the importance of the Invasion Committees, and commented that in every case in the North-east District the woman member appointed to these Committees was a W.V.S. member.

FEEDING THE HOME GUARD

The W.V.S. have received many bouquets for the work they have done in connection with feeding the Home Guard, but perhaps none nicer than a letter from a Home Guard officer in the East of Scotland, who wrote:

"Please accept... the sincere thanks of the seventy men who were so admirably served for the thirty hours duration of the Exercise. Thirty hours continuous duty was perhaps rather an ambitious test I had laid on for this sub-unit, but I did not for one moment doubt that the organisation of W.V.S. in Arbroath could meet a call so exacting, and although my estimate of your abilities was high before the Exercise, it is now no longer an estimate, but an actual experience. I shall be proud to remember... The splendid way your ladies set about building the emergency fires amazed us, but it was soon overshadowed by the excellent meal you provided... The real sympathy shown by the ladies will help us to appreciate that it is worth while to work hard, and if ever called on we promise we will remember to fight hard for our womenfolk."

TAILPIECE

At a recent Scottish School arrangements were made for members to visit a Refuse Disposal Works in the afternoon. The salvage department sent one of their staff to conduct the party to the works, but one member arrived too late to join them. She asked the way and was given somewhat complicated instructions. She feared that she would not reach the Disposal Works in time to catch up her colleagues. Then she saw a salvage cart passing down the street. She hailed it, discovered it was being driven to the Disposal Works, and jumped aboard! When the party arrived they found she was waiting for them, waving at them cheerfully from the top of the cart!

FOOD NEWS

THANKSGIVING DAY

AS we have so many of our American Allies in this country, many of us are likely to celebrate a festival we have never shared in before.

The first Thanksgiving Day was held

by the Pilgrim Fathers to give thanks for their first harvest, and ever since that time the last Thursday in November has been celebrated in the United States as a national festival and day of thanksgiving.

Here is a typical Thanksgiving Day menu :

THANKSGIVING MID-DAY DINNER

Soup.—Tomato and Croutons.

Turkey or Chicken or Goose, Mock Goose, Mock Duck.

Cranberry sauce or jelly.

Vegetables.—Mashed Potatoes; sprouts; chestnut puree or chestnut stuffing; celery (raw); carrot strips (raw); salted nuts.

Sweet.—Pumpkin pie; mince pie; apple pie; biscuits.

Cream of Tomato Soup or Mock Bisque.—2 cups raw, canned or bottled tomatoes; 2 teaspoons sugar; $\frac{1}{2}$ teaspoon bicarbonate of soda; $\frac{1}{2}$ onion, stuck with 6 cloves; sprig of parsley; bit of bay leaf; $\frac{1}{2}$ cup stale bread-crumbs; 4 cups milk (household); $\frac{1}{2}$ tablespoon salt; $\frac{1}{2}$ teaspoon pepper; $\frac{1}{2}$ cup margarine.

Scald milk with bread crumbs, onion, parsley and bay leaf. Remove seasonings and rub through sieve. Cook tomatoes with sugar 15 minutes (shorter time if canned tomatoes are used). Add soda and rub through sieve. Reheat bread and milk to boiling-point, add tomatoes, butter, salt and pepper. Serve 6 to 8.

Mock Goose (Ministry of Food).—1 lb. liver; 2 lb. potatoes; 2 onions or leeks; 1 apple; 3 oz. fat bacon; 1 dessertspoon chopped parsley; $\frac{1}{2}$ teaspoon dried sage; $\frac{1}{2}$ pint water; seasoning.

Wash liver and cut into slices. Cut potatoes, onions and apple into slices. Arrange ingredients in layers in a pie-dish or hot-pot dish. Cover with pieces of bacon. Add water. Cover with a greased paper and cook in a moderate oven for 1 $\frac{1}{2}$ to 2 hours.

Mock Duck (Ministry of Food).—Cooking time, 1 hour. *Ingredients.*—1 $\frac{1}{2}$ lb. potatoes; 2 large cooking apples; $\frac{1}{2}$ pint vegetable stock; 1 tablespoon flour; pepper and salt; 4 oz. grated cheese; $\frac{1}{2}$ teaspoon dried sage. *Quantity.*—4 helpings.

Method.—Scrub and slice potatoes thinly, slice apples, grate cheese. Grease a fireproof dish, place a layer of potatoes in it, cover with apple and a little sage, season lightly and sprinkle with cheese, repeat layers, leaving potatoes and cheese to cover. Pour in $\frac{1}{2}$ pint of the stock, cook in a moderate oven for $\frac{1}{2}$ hour. Blend flour with remainder of stock, pour into dish and cook for another $\frac{1}{2}$ hour. Serve as a main dish with a green vegetable.

Cranberry Sauce.—1 cup cranberries; $\frac{1}{2}$ cup sugar; $\frac{1}{2}$ cup boiling water.

Pick over and wash cranberries. Cook with sugar and water 10 minutes. Watch to prevent boiling over. Skim and cool.

Pumpkin Pie.—1 $\frac{1}{2}$ cups cooked and strained pumpkin; 3 tablespoons sugar; 1 tablespoon margarine; 2 tablespoons molasses (treacle); 1 teaspoon ginger; 1 teaspoon cinnamon; $\frac{1}{2}$ teaspoon salt; 2 eggs (reconstituted dried); 1 $\frac{1}{2}$ cups scalded milk.

Simmer pumpkin in as little water as possible for 20 minutes. Add sugar, margarine, treacle, ginger, cinnamon and salt to pumpkin. Add egg and milk and mix thoroughly. Line a tin plate or sandwich tin with pastry and pour in pumpkin mixture and bake in a brisk oven. It is usual not to cover this mixture with another layer of pastry.

Apple Pie.—6 to 8 sour apples; $\frac{1}{2}$ to $\frac{3}{4}$ cup sugar; white or brown; $\frac{1}{2}$ teaspoon grated nutmeg or cinnamon; $\frac{1}{2}$ teaspoon salt; $\frac{1}{2}$ tablespoon margarine; a few drops lemon essence; pastry.

Line pie plate with pastry. Pare, core and cut apples in eighths, put row around plate $\frac{1}{2}$ inch from edge, and work towards centre until plate is covered; then pile on remainder. Mix sugar, nutmeg, salt, lemon essence, and sprinkle over apples. Dot over with margarine. Wet edges of under-crust, cover with upper crust, and press edges together. Bake. Evaporated apples, soaked overnight in cold water, may be used in place of fresh fruit.

The Americans do not as a rule cook their apples before putting in a pie and usually prefer cinnamon flavouring. A piece of cheese is often served with each portion.

Mock Mincemeat.—4 tablespoons biscuit crumbs; 1 $\frac{1}{2}$ cups sugar; 1 cup treacle; $\frac{1}{2}$ cup lemon squash; 1 cup raisins, seeded and chopped; $\frac{1}{2}$ cup margarine; 2 eggs, well beaten; spices.

Mix ingredients in order given, adding spices to taste. This quantity will make 2 pies.

The American "biscuit" is more like a small muffin and is used at breakfast, dinner or supper. A biscuit like our own is known in America as a "cracker." American muffins are like our queen cakes in appearance.

American Emergency Biscuits (Ministry of Food).— $\frac{1}{2}$ lb flour; 2 teaspoons baking powder; 2 oz. margarine; $\frac{1}{2}$ teaspoon salt; $\frac{1}{2}$ cup milk.

Method.—Mix flour, baking powder

and salt together, cut in margarine, add milk gradually until a soft dough is formed. Turn out on a floured board and pat out with the hand to about 1 inch thick. Cut into rounds and bake in quick oven for 15 minutes.

Emergency Cooking in the Home.—Every housewife should make sure that if the gas and electricity fail she has an alternate method of cooking. If you have no oil stove or coal range you can easily improvise a tin can cooker.

NUTS

Nuts for storing should be picked when thoroughly ripe, and will need drying for a few days before storing. This should be done by laying them out in a single layer for two or three days in a dry airy store. They should then be kept in a cool, even temperature (34-40 degrees fahrenheit) in the dark. The best way, if it is feasible, is to bury them in tins under the ground; if not, they can be stored in sand in crocks. Where space is available they can be left in a dry airy place and turned at intervals. Almonds and walnuts should have their outer husks removed and the shells should be quite clean or they will go mouldy. Walnuts should be cleaned with a soft nail brush and water but should only be allowed to be in contact with the water for a few seconds otherwise they tend to crack and open. After washing, nuts should be dried in a current of air, but should not be heated as a sudden increase in temperature may crack the shells. The kernels of beech nuts and cob nuts are a good substitute for salted almonds if sprinkled with salt and baked until crisp. Nuts can be used in nearly all recipes, salads, cakes, puddings, sandwiches, as well as for the main dish. Recipes for Nut Roast, Chestnut Fritters and Nut Bread can be obtained from the Food Department, Headquarters.

PIE SCHEMES

Pie schemes are starting up all over the country and two thousand one hundred villages are now catered for in this way. During the month of August a total of six hundred and twelve thousand pies were sold, out of which three hundred and fifty thousand were distributed by voluntary organisations. In Region 4 one county alone has one hundred and fifty-four villages supplied with forty-two thousand pies per week.

The Food Department, Headquarters, would welcome any particularly popular pie recipes.

NOVEMBER IN THE HERB GARDEN

The end of October and November are important months in the Herb Garden, for now is the time to consider what herbs shall be moved, which are worn out, which are to be propagated and so on.

Mint should have a new position every other year, if it is to maintain its vigour and flavour. Very careful digging will be necessary to remove all the runners from the ground. Vigorous runners should be chosen, divided into convenient lengths, washed under running water for a few moments to remove any adhering earth which might harbour rust spores, and planted horizontally in good ground about 2 inches under the soil. In cold parts of the country the new mint bed is best made in April.

Sage, Thyme and Savoury bushes if five years old or more should be taken up, rooted pieces cut cleanly off and replanted. If the pieces are unduly long, that is, with a long bit of wooden stem between root and leaves, or a long, old root above the small hairy roots, planting must be deep or the old root may be bent up in an S shape if the soil is shallow. The green leafy part should only be just out of the ground. Lower roots are then encouraged near the surface. Marjoram plants are divided in the same way, but they give less trouble and are never "leggy."

Even if the herb plants have still plenty of tops to cut, it is not advisable to cut again till the end of May as it might weaken the plants too much if a bad winter comes, and flavour is anyway not so good in winter. Parsley may still have some leaves pulled as wanted. If cloches are available, some young parsley plants should be covered and leaves will be available all the winter.

Mint for forcing may be planted in boxes of good soil and brought into unheated greenhouses.

On the whole it is wiser to leave cuttings in the open till March, though they may be put now into cold frames. A small head should be left when pulling off shoots and the cuttings, about 4-6 inches long should be inserted to half their lengths and the soil pressed tightly against them.