

# WVS/WRVS Bulletin/Magazine

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## Women's Voluntary Services for Civil Defence.

No. 38.

THE BULLETIN

December 1942.

*"This is not the end. It is not even the beginning of the end. But it is, perhaps, the end of the beginning."*

The PRIME MINISTER at the Mansion House, 10th November 1942.

## Christmas Messages from the Chairman

THE fourth Christmas of the war is with us, and although this is obviously no time for ordinary Christmas festivities, it is an opportunity for me to send to all W.V.S. members a message of my very real admiration for the work achieved, the way it has been done and the strength shown in carrying it through.

We all realise on looking back through these years of war how much we have learned, how often we have had to attune ourselves to difficult circumstances and how great a volume of undertaking has been accomplished.

Looking forward we know there is much more to be done with far fewer members to do it, but because we have learnt to work as a team and because of the difficulties we have overcome together, we can now regard ourselves as seasoned and tried and capable of yet greater undertakings. However hard the times ahead, we are in a better position to meet them because of what we have been through.

In our service our aim is not recognition of success—nor are we wishful of public thanks, but we are determined on achievement. No task is so slight that it falls below our notice—no effort so great that it lies beyond our attempt.

We fight for our country with unspectacular but unceasing determination, and my wish to you is that this New Year may hold for you steadfastness of endeavour, strength of resolution and undiminished courage.

## from Mrs. Roosevelt

I AM so deeply impressed by the work of the Women's Voluntary Services that I want to send them this Christmas greeting, for they exemplify the true spirit of the Christmas season. This year the Christmas spirit reminds us again of the fact that there is no joy in living as great as that of giving, particularly when we give of our own strength and effort. This is the ideal of the women in this organisation, and therefore, I send you my warmest Christmas greetings and my hopes that before long we will again, all over the world, be able to say "A Merry Christmas" with the knowledge that we are working in peace to bring it about for all peoples.

# CIVIL DEFENCE DAY

SUNDAY, 15th NOVEMBER 1942

AROUND St. Paul's Cathedral crowds gathered, and on the open spaces—scars of the nights when London suffered the fury of the Luftwaffe—gatherings of every type of Civil Defence worker could be seen. At one spot a W.V.S. Canteen was almost hidden by a mass of Civil Defence uniforms, and a picture came to my mind of just such another Canteen, standing close to blazing ruins, and members of W.V.S. dispensing hot drinks as calmly as their sisters to-day; but to-day their work was unaccompanied by the crash of falling bombs and unlighted by the fires of the blitz. The willing service only was the same. The breaking of the Royal Standard signified that the King and Queen were ready to review the token contingents of their immense service of Civil Defence, and amongst those behind them was our Chairman, Lady Reading. What were her feelings as the columns marched by, and the green of the W.V.S. uniform was apparent in almost all contingents? To-day those uniforms seemed freshly pressed, smart. But did she see them as I did, smoke-begrimed and dust saturated? And in the roar from the immense crowd there seemed to be a special note—a note of understanding gratitude. For many of those present must have owed their lives to the workers of Civil Defence, and many more must have remembered how they were once comforted, fed and clothed by workers in the familiar green uniform. After the review, the King and Queen joined the men and women of Civil Defence in the special service in the Cathedral. In the course of his address, the Archbishop of Canterbury said that we thanked God for the constancy, patience, endurance and courage of those in Civil Defence, and we heard that, I think, with far more of humility than pride. Outside the Cathedral the great crowd joined in the hymns and waited to cheer the Civil Defence Services once again. Gradually “the tumult and the shouting died,” and once again St. Paul's stood in Sunday silence amidst devastation, outlined against the winter sky, preserved for to-day almost by a miracle, but a symbol, surely, of the spirit of the people. (Contributed.)

W.V.S. members who attended the Civil Defence Day Parade were :

- REGION 1. Mrs. Griffin, Whitley Bay; Mrs. Howe, Wallsend; Mrs. Pickard, Scarborough; Mrs. Pyman, Hartlepool.
- REGION 2. Mrs. Roper-Spencer, Hull; Mrs. Syminton, Sheffield; Mrs. Waters, Hull.
- REGION 3. Mrs. Bates, Leicester; Mrs. Bennett, Nottingham.
- REGION 4. Mrs. Baines, Norwich; Mrs. Watling, Leighton Buzzard.
- REGION 5. Mrs. Barton, East Ham; Mrs. Buckland, M.B.E., Bermondsey; Mrs. Clive Burn, Lambeth; Mrs. Busbridge, Bromley; Miss Crombie, M.B.E., Camberwell; Miss Gammon, Shoreditch; Mrs. Gore-Lloyd, Middlesex; Mrs. Layton, City of London; Mrs. Macgregor, Islington; Miss Oakley, Deptford; Mrs. Thomas, Southwark; Mrs. Young, Bethnal Green.
- REGION 6. Mrs. Lambeth, Southampton; Mrs. Pine-Stone, Cosham; Mrs. Williams, Portsmouth.
- REGION 7. Mrs. Amor, Bath; Mrs. Goddard, Exeter; Mrs. Jennings, Coastal Areas; Mrs. Kerslake, Weston-Super-Mare; Mrs. Rolls, Bristol; Mrs. Yapp, Bath.
- REGION 8. Mrs. Lloyd-Jones, Swansea; Mrs. Marriott, Glamorgan; Mrs. Pickford, Penarth; Miss Sanders, M.B.E., Cardiff.
- REGION 9. Miss Denton, Coventry; Miss Moore, Coventry; Mrs. Newdegate, Nuneaton.
- REGION 10. Miss V. Barton, Wallasey; Mrs. Beer, Manchester; Mrs. Cooper, Manchester; Mrs. Davidson, Stretford; Mrs. Ffolliott, Liverpool; Mrs. Glass, Manchester; Mrs. Gregson, Crosby; Mrs. Knight, Bebington; Mrs. Scofield, Birkenhead.
- REGION 12. Mrs. Brown, Dover.

## TRAINING

by H. G. BRANDIS

MINISTRY OF HOME SECURITY STAFF COLLEGE

TRAINING is one of those things which first appals us, then interests us, and finally becomes a source of enjoyment and adds a rich interest to everyday life. In these days it is also a necessity with its power to transform a host of willing but rather ignorant and so useless helpers into an efficient machine ready to function smoothly in dealing with any situation we may be called upon to meet. The building up of the Civil Defence machine, as well as its success or failure in action, depends on the co-ordinated efforts of all concerned and the training they receive, and it may be interesting to see exactly what this training involves and how we can all help to carry it through to success.

The organisation of training may be complicated or simplified according to the degree of enthusiasm brought to it by those taking part. The first requirement is a training programme or plan, and in preparing this we must bear in mind three main points.

- (1) The duties to be performed.
- (2) The knowledge (and practice) required to enable these duties to be undertaken efficiently.
- (3) The best method of imparting this knowledge in an organised manner.

The training is first divided into two main parts, individual and collective. Individual training is the foundation on which all operations are based, and it is again divided into basic training and what we may term specialist or technical training.

Basic training must be undertaken by all concerned in Civil Defence, if they are to be useful, whatever duties they may be called upon to perform. All of the W.V.S. basic training lectures are important and interdependent and none should be missed. Attendance at these lectures will enable everybody wearing a badge to answer questions, advise the public and be able also to give some assistance within the limits of the instruction.

Specialist training is necessary, in addition, for those undertaking certain duties, and this might include more intensive training in some of the same subjects, and other special subjects in addition.

When individual training is completed collective training follows, and individuals learn to work together as teams and teams with other teams. Finally, combined training or inter-service training brings the whole machinery into operation and combined exercises test the machine.

The training of a large number of people needs very careful planning, and careful records must be kept. Unattended lectures may be difficult to make up and the continuity of training may be lost as one subject often leads to another. Although it is often difficult to find time or opportunity to attend a lecture a knowledge of the strain placed upon the organisers when attendances are irregular may be all that is required to ensure the co-operation of all.

Combined exercises require a great deal of staff work and the attendance of many services, and a sacrifice of leisure on the part of all concerned. Here co-operation is vital as failure to attend on the part of the few might spoil the exercise for the many. A little effort will be well worth while, and a successful exercise gives tremendous encouragement when street organisations and post and even larger organisations are tested and found to work efficiently. One thing to remember is that training is never finished, and individual and team training must be followed by refresher courses or routine training, competitions and discussions if we are to keep up to date and abreast of development, and exercises must continually test the machine.

Even when we have been in action we cannot regard ourselves as fully experienced and therefore in no further need of training, as full advantage must be taken in the subsequent training of the lessons learnt in battle.

Conditions in action, also, are likely to be very different from those obtaining at exercises, and a sequence of action is difficult to remember amidst the noise and stress of actual conditions; for this reason the actions of individuals, teams and services must become to a great extent automatic, and this can only be achieved by training which must go on and on, week by week, and month by month, under careful supervision and analysis to secure the best results—and ultimate victory.

## SERVICES WELFARE

### HOSPITALITY FOR THE ALLIED FORCES IN NORTHERN IRELAND

AT the request of the Government Committee appointed to deal with questions affecting the welfare of British and American troops in Northern Ireland, Lady Stronge, Chairman of the Northern Ireland W.V.S., through W.V.S., has undertaken a new piece of work. This is the co-ordinating of arrangements for home hospitality to the members of the Forces stationed in the Province.

Ulster people are noted for their kindness and hospitality to the stranger in their midst and already much had been done to make the members of both men's and women's Forces feel at home here. It is felt, however, that there is a special need for home hospitality for men or women on short leave, in addition to casual invitations extended by local residents to those stationed in their neighbourhood.

The first responsibility of W.V.S. has been to make initial arrangements for forming local representative committees, which will be entirely self-governing and responsible for the arrangements in that district. Meetings have been held, and several of these committees have been formed and others will be started in the near future. Plans have been made for social and musical evenings, dances and other similar gatherings, and many lists of people offering to entertain men and women belonging to the Forces, Red Cross workers, etc., either for short or long leave, an afternoon or evening with meals or just a chair and book by the fire, have been compiled.

W.V.S. Headquarters in Northern Ireland will act as a liaison between the local committees, and the American Red Cross, in the case of American troops—the British Command Welfare in the case of British troops, and the Ministry of Information whose Regional Officer is collaborating with the Government Committee.

The scheme is only in its infancy but a great deal of interest has been aroused as shown by the enquiries received from all parts of the Province.

## DO YOU KNOW?

1. What is in your fire-fighting containers—sand or water?
2. Do you know how much money you are allowed to invest in :
  - (a) National Savings Certificates ;
  - (b) Defence Bonds ;
  - (c) What you do after you have got your full quota in both of these ?
3. What would you do if your sponge has fallen to pieces ?
4. When did W.V.S. change its full title and why ?
5. What ranks do the following insignia represent in the American Forces :  
Silver bar, gold leaf, silver eagle, three stars ?
6. How would you improvise a baby's bottle ?
7. Is the wife of a man in the Forces who has no household responsibilities
  - (a) Liable to be directed into full-time employment ;
  - (b) Mobile or immobile ?
8. Have your messengers been taught never to consider a message properly dealt with until they have checked back ?
9. How would you try to obtain toys for a twenty-four-hour nursery for the children of war workers ?
10. How many teaspoonfuls of sugar are there in your weekly half-pound ration ?

(See answers on page 6)

## NOTES OF THE MONTH

### ILLUMINATED SIGNS AT ENTRANCES OF SERVICES CLUBS AND HOSTELS

Chief Constables are in a position to authorise erection of illuminated signs at Services Clubs and Hostels provided that these signs comply with the detailed conditions laid down in paragraph 40 of the Lighting (Restrictions) Order 1940, which may be obtained from H.M. Stationery Office, Kingsway, S.W.1.

### CHRISTMAS ARRANGEMENTS FOR EVACUEES, 1942

Local Authorities have been informed that the Divisional Food Officers are in a position to authorise the issue of tea, sugar and milk, and also, during the period 13th December 1942 to 10th January 1943, margarine and preserves, for children's parties arranged by Local Authorities.



### COLLECTION OF SALVAGE BY CIVIL DEFENCE PERSONNEL

In future full-time and part-time Civil Defence personnel may assist with salvage during intensive local drives by such means as sorting and classifying various kinds of salvage, e.g., paper, metal scrap, rubber, etc., assisting with baling, etc., or supervising street depots or dumps. In certain conditions Civil Defence vehicles may be used as supplementary transport for picking up loads of salvage from street or intermediate depots and taking them to central depots, or transporting the salvage ready for disposal to railway stations, goods yards, etc. C.D. personnel is not to be used for house to house collection or the sorting of refuse, nor may C.D. vehicles be used for this purpose.

### PART-TIME WORK

A great deal of confusion has arisen on the question of part-time work. Where a woman has been interviewed at the Employment Exchange and it has been decided that her household responsibilities make it impossible for her to undertake full-time work, she will be asked to take part-time employment in the war effort, *but there will be no compulsion*. In every case she receives a letter from the Manager of the Employment Exchange saying, "The Minister is not using his compulsory powers to direct women to take part-time work, but he is confident that every woman who can undertake such work will realise that it is her duty to do so when her services are needed."

We as a Service are anxious that urgent demands for local labour shall always be taken into consideration, but the position is that a part-time worker can in no circumstances be directed (*i.e.* compelled) to transfer into other work than part-time Civil Defence general services.

### THAT V.C.P. CAR IN WINTER

Do not let the battery change into something chemically strange. You can obtain distilled water from any chemist and most garages. Top up the acid level in each of the cells once a month regularly. Keep the terminals and fixing bolts tight and smeared with vaseline. Occasionally see that the connection to the chassis is clean and tight. Keep the outside of the battery clean and dry, particularly the tops of the cells. Depressing the clutch pedal will ease the load for starting. If the engine won't start readily, find out why and don't run the battery down unnecessarily. Starting will be facilitated by giving the engine a few turns by the starting handle before using the starter.

Remember a radiator hates the cold as much as people do. Anti-freeze is scarce and most of us will be well advised to drain the radiator religiously before leaving the car in a cold garage for the night. Where possible, REFILL WITH WARM WATER; there is nothing a cold engine likes better.

## SALVAGE FACTS

THE non-ferrous metal drive helps not only to release ships for other war needs, but to build them. Bronze makes propellers, engine-bearings and parts of naval guns, brass makes electrical and navigation instruments, copper goes into radio and everything electrical. A big battleship has 2,000,000 lbs. of copper in its equipment.

Twenty-seven thousand tons of Kitchen Waste are now collected by Local Authorities every month. This will provide food for 222,750 pigs per month.

Utility carpets and lino may soon be on sale. Experiments on substitute carpets made from waste, and blitzed textile materials have now reached production stage. Substitute lino is also being produced.

There are two miles of copper wire in a big bomber. That needs quite a lot of old gongs, useless preserving pans and ash-trays.

A rifle or machine-gun cartridge isn't very big—but every part of it can be made from salvage. The bullet, made from steel, weighs  $\frac{3}{8}$  oz.; the cartridge case of brass weighs the same, whilst the cordite charge (made with the help of bones) weighs  $\frac{1}{4}$  oz. A chop bone provides enough glycerine to make cordite for two cartridges. An envelope makes 50 wads which separate the cordite from the bullet.

A 6-inch end of darning or knitting wool from every house in Britain provides enough for 600 battledresses or 400 overcoats. Don't throw those ends or ravellings away. Put them in the rag-bag.

That rusty old key (not Yale type) for which the use has probably been forgotten is valuable salvage. Twenty-four of them will make a hand-grenade—42 a steel helmet; whilst 1 from every home in Britain would build 12 Cruiser tanks.

## ANSWERS TO DO YOU KNOW ?

1. The sand containers should be cleaned out and filled with water.
2. (a) £375 (500 certificates); (b) £1000; (c) Unlimited amounts of 3% Savings Bonds, 2½ per cent. War Bonds, from the Banks. From 1st January 1943 there will be an issue of £1 National Savings Certificates, 250 of which will be the maximum holding.
3. Knit a small woollen bag with any oddments of wool, tuck the bits of sponge inside and close. Alternatively, sphagnum moss in a muslin bag makes a good sponge.
4. February 1939. The title was changed from W.V.S. for A.R.P. to W.V.S. for Civil Defence in view of the expansion of work at the request of the Government Departments.
5. 1st Lieutenant, Major, Colonel, Lieut.-General.
6. If no bottles or teats are available, take a medicine or ginger-beer bottle, wash it thoroughly and put it in a pan of cold water and bring to the boil. Leave bottle in water till needed. Have ready a square of clean cotton that has been boiled, or a piece of sterilised cotton or white bandage from a first-aid box. When required, fill the bottle with baby food, tie the cotton over the neck, leaving a point to serve as a teat.
7. (a) Yes, she is liable to be directed into full-time employment; (b) Immobile.
9. By applying to the Regional Toy Making Committee for larger toys and to the War-time Nurseries Grants Committee through the W.V.S. Regional Office for authorisation to buy occupational toys for the Over Twos.
10. Fifty teaspoonfuls.

## FOOD NEWS EMERGENCY FEEDING

When Mrs. Roosevelt visited Cambridgeshire last month, a lunch was cooked for her on emergency cooking stoves under realistic blitz conditions. The menu consisted of soup, stew, sprouts, potatoes and apple pie, followed by coffee, and was eaten in the village hall.

Region 4 has been most energetic in arranging demonstrations of outdoor emergency cooking, and on this occasion five types of stoves were built. One was a simple edition of the Army Aldershot oven. This is made by digging a shallow hole in the ground and lining it with bricks and pug. The fire is lit in the hole and covered with a sheet of corrugated iron. When it is thoroughly hot, the fire is removed and put on top of the iron sheet. Bread, pies and potatoes are baked inside.

The Girl Guide Camp Cookery was also demonstrated and their sawdust water heater. There were also the emergency stoves which the Ministry of Food has asked W.V.S. and the Girl Guides to build, both for housewives to use for their families, and for large scale emergency feeding. No. 1 is a simple hot-plate; No. 2 has a variation of heat; and No. 3 has a hot-plate and an oven made from an old water tank. These were all built of brick and mud and pieces of old metal.

### WASTE OIL FUELLING

Mrs. Roosevelt was particularly interested in the waste-oil fuelling for all these stoves, which was also demonstrated.

Sump oil or any old cleaning oils can be used for fuelling outdoor cooking equipment. Soyer boilers, Triplex Field cookers and emergency cooking stoves can all be fuelled in this way. Sump oil can usually be procured from the smaller garages, farms or the Army. Care must be taken to avoid sources that have a regular collection for refining purposes. The principle of this fuelling is the combination of water and oil dripping from a gutter on to a red-hot piece of tin. This is placed in the fire-box and a fierce crackling heat is obtained. One gallon of oil will keep an emergency cooking stove at boiling temperature for three hours.

Leaflets illustrating all these stoves and the sump oil fuelling are available from the Food Department, Headquarters.

### TIN CAN COOKERY

If you cannot build an emergency cooker out of doors, here are the instructions for making a tin can cooker, mentioned in last month's *Bulletin*:

#### APPARATUS REQUIRED:

1. Empty tin can.—Household milk, salmon, vegetable, fruit or soup tins will do.

2. Clean old rag.—Cotton rag or waste. The use should be avoided of loose mesh cloth or rag which has been used for paint, furniture cream, etc., as this creates much smoke.

3. Candle.—One 6-inch candle is sufficient for the above tin can, to burn about 45 minutes.

4. Matches and bricks.

5. Tray of sand.—The tin should stand on this. It is useful for putting out flame and for preventing the table from being marked with heat from the can. Another way to extinguish flame is to place another tin, larger than the one already used, over it.

*Method.*—The tin should be punched with holes about  $1\frac{1}{2}$  inches apart, beginning about 1 inch from the bottom and leaving 1 inch at the top rim—usually three rows of holes are sufficient. In order to keep the tin a good shape while this is being done, it could be filled with wet sand or earth.

Empty out the sand and fill loosely with the rag torn into smallish pieces. Shred candle and shake among the rag and set fire to the rag.

In order to conserve heat, loose bricks should be placed round the tin, forming a chimney. This can also be used as a hob on which to stand the kettle.

The heat obtained from this is sufficient to cook food for about 45 minutes, and any dish can be prepared and cooked which normally would be done in a saucepan, frying pan or steamer. The tins could be replenished as required.

Pans or kettles used should be placed about 2 inches above the top of the tin.

One pint of cold water will reach boiling-point in 7 minutes in a tin kettle.

## EMERGENCY MENU

Under emergency conditions every housewife should be prepared to take in neighbours and give them good hot meals to help them over difficult times. The simplest meal of all is a good thick soup or stew and there is always something in a house from which an emergency soup can be made. Simply cut up any vegetables you have in the house, potatoes, carrots, turnips, swedes, leeks, all or any, put them in enough vegetable or plain water to cover them well and cook with the lid on for about an hour. Haricot beans, lentils or split peas can also be added, if you happen to have any to hand that have been soaked, and add some cereals such as rice, pearl barley or oatmeal. Any green vegetables such as sprouts or shredded cabbage could be added for the last 20 minutes. Bacon rinds, a few tiny cubes of fat bacon, will help to add flavour, curry powder and a little meat or vegetable extract or sauce can also be added at the last moment. Sprinkle grated cheese or chopped parsley over the top before serving.

*DUMPLINGS.*—To make the soup into a meal add dumplings.

Mix 4 oz. of flour with  $\frac{1}{2}$ -teaspoonful baking powder and  $\frac{1}{2}$ -teaspoonful of mixed herbs (also onion flavouring if possible). Make into a firm dough with water; mould into little balls and cook in fast boiling soup for 7 to 10 minutes.

Little balls of sausage meat or canned sausage meat mixed with breadcrumbs and a touch of onion flavouring can be rolled in floured hands and put into the soup too.

## EMERGENCY BREAD

Do not worry if the baker does not deliver, but bake your own bread: 1 lb. of self-raising flour; 1 teaspoonful baking powder; 1 teaspoonful salt; water. Mix all together very quickly and steam in well-greased basin for  $1\frac{1}{2}$  hours. This mixture can also be baked in a home-made oven, such as a biscuit tin, when it will take roughly  $1\frac{1}{2}$  hours. The same mixture can be served as scones. Roll out, cut into shapes and bake in a hot oven for 10 to 15 minutes. Menus and recipes for using the sort of foods you are sure to have in your store cupboard under emergency conditions are obtainable from Food Department, Headquarters.

## HAYBOX COOKERY

A haybox is a fuelless cooker. It consists of a wooden box or deep case lined with old newspaper or blanket and fitted with a lid. The box is padded all round with 4 inches of hay or little rolls of paper. A casserole containing the boiling, partially cooked food is placed in the box and the dish will finish cooking there taking about three times as long as normally on a stove.

The only foods which should not be cooked in a haybox are those which are looked upon as a good source of vitamin C, such as greens and potatoes, which require rapid cooking to retain their full value.



A haybox excels where slow cooking is required for such foods as porridge, milk pudding and stews. It will also keep boiling water hot overnight to help with early morning tea and shaving water. It will keep a meal hot for latecomers and hot drinks for invalids. If used regularly in the kitchen it will be found a great fuel saver. In cooking dried peas, beetroot and stew which would normally use approximately 4 cubic feet of gas, only 2 cubic feet is used. A leaflet on how to make and use a haybox is obtainable from the Food Department, Headquarters.

**RICE PUDDING RECIPE FOR HAYBOX.**—2 breakfastcups of milk (Household will do); 6 dessertspoonfuls of rice; 1 dessertspoonful of sugar. Boil the milk in a saucepan and add rice and sugar when milk is very hot. Directly the milk comes to the boil put on well-fitting saucepan lid and transfer saucepan immediately to haybox.

## NEW PAMPHLETS

The following new pamphlets issued by the Ministry of Food may be obtained on receipt of a stamped addressed envelope from the Food Department at Headquarters: (a) Sprayed Dry Eggs. (b) Cheese. (c) Puddings and Sweets. (d) A series on how to plan meals for children: (1) Planning; (2) Diet for child from 8 to 12 months; (3) Diet for child from 1 to 2 years; (4) Diet for child from 2 to 5 years; (5) Diet for child from 5 to 12 years; (6) Diet for child from 12 to 17 years.

## Christmas Fare

### Xmas Pudding (for keeping)

*Recipe.*—8 oz. flour; 3-4 oz. suet (chopped);  $\frac{3}{4}$  teaspoon mixed spice;  $\frac{1}{2}$  teaspoon cocoa;  $\frac{1}{2}$  teaspoon baking powder; 1  $\frac{1}{2}$  oz. sugar;  $\frac{1}{2}$  teaspoon nutmeg; 1 grated apple; 8 oz. chopped prunes and other dried fruit;  $\frac{1}{2}$  teaspoon bicarbonate of soda; 1  $\frac{1}{2}$  tablespoons black treacle (or syrup and gravy browning); 1 gill cold tea or coffee.

*Method.*—Mix all dry ingredients together. Add grated apple and fruit. Dissolve soda in a little water, mix treacle with the tea and add the dissolved soda. Stir into dry ingredients till of a soft consistency, turn into greased basin. Cover with greased paper and pudding cloth. Steam or boil 2-3 hours. Cover with fresh paper and dry cloth when cold. Store in a dry place. Examine occasionally.

### Rich Date Xmas Cake (large)

*Recipe.*—1 lb. plain flour; pinch salt; 6 oz. fat; 4 oz. sugar; 8-10 oz. dates (stoned and chopped); 2 teaspoons nutmeg; 2 teaspoons baking powder; 2 eggs (reconstituted); 2 tablespoons black treacle (or syrup and gravy browning); 1 teaspoon bicarbonate of soda; cold tea for mixing.

*Method.*—Rub fat into the flour and salt. Add the sugar, dates, nutmeg, baking powder and mix to a soft consistency with the eggs, treacle and the soda dissolved in a little cold tea. Put the mixture into a well-greased tin and bake at Regulo 4 or 300-350° F. for about two hours.

**ICING FOR TOP OF CAKE.**— $\frac{1}{2}$  teaspoon butter; 2 tablespoons milk;  $\frac{3}{4}$  cup sugar;  $\frac{1}{2}$  teaspoon vanilla.

Melt the butter and add sugar, milk and vanilla. Boil hard till it froths up. Remove from heat and beat well till thick. Pour on to cake.

*N.B.*—If this sets before it is put on to the cake, melt *over* pan of hot water.

## War-Time Mincemeat

*Recipe.*—4-6 oz. mixed dried fruit (prunes, dates, etc.); 1 oz. suet or melted margarine;  $\frac{1}{2}$  lb. minced apples;  $\frac{3}{4}$  teaspoon mixed spice;  $\frac{3}{4}$  teaspoon lemon substitute; 4 oz. finely grated carrot;  $\frac{1}{2}$  tablespoon black treacle (or syrup and browning); pinch salt.

*Method.*—Mix all the ingredients together and use within two weeks.