

WVS/WRVS Bulletin/Magazine

This copy of the WVS/WRVS Bulletin/Magazine has been downloaded from the Royal Voluntary Service Archive & Heritage Collection online catalogue.

This copy is distributed under a [CC Attribution-NonCommercial-NoDerivs \(CC BY-NC-ND\)](#) Creative Commons licence.

This work is copyright © Royal Voluntary Service 1939-2015 or third party contributors (where credited on individual articles).

You can find more information on the WVS/WRVS Bulletin/Magazine and the digitisation project on our webpage www.royalvoluntaryservice.org.uk/bulletin

Any enquiries regarding use of the material contained in this copy, not covered by the Creative Commons licence, or the principals of fair dealing should be directed in the first instance to: archive@royalvoluntaryservice.org.uk

Public sector information in the WVS/WRVS Bulletin/Magazine is licensed under the Open Government Licence v3.0. <http://www.nationalarchives.gov.uk/doc/open-government-licence/version/3/>

Registered office:

ROYAL VOLUNTARY SERVICE, Beck Court, Cardiff Gate Business Park, Cardiff, CF23 8RP.

Registered charity no. 1015988 & SC038924, Registered in England 2520413



No. 49

THE BULLETIN

November 1943

"Some of the enthusiasts for a second front seem willing to promote their cause at the expense of British-American solidarity. This would be a bad bargain, for while it is possible that the war cannot be won without a second (or a seventh) front, it is also possible that the war will not be worth winning if the British and Americans come to distrust each other.

"This is not sentiment; it is ugly fact. Our enemies understand the fact, and work incessantly to breed discord in the English-speaking world. They have the same limited, and hence easy, objectives as the armies of Lucifer: they can never regain heaven but they can always hope to turn earth into a hell."—HERBERT AGAR.

CLAPTON-IN-GORDANO FRUIT PRESERVATION CENTRE

A BRIEF description of the village of Clapton-in-Gordano might help to give some idea of the Centre, its work and its problems.

This very small parish of 175 inhabitants consists of from sixty to seventy houses and cottages scattered over a wide area. Several of the houses are on a hill-top, 500 feet above sea-level, at the base of which are the village shop and school, surrounded by a group of attractive cottages; while half a mile away on a hillock stands the sixteenth-century church. The nearest bus and station are three and four miles away respectively. There are probably few hamlets within ten miles of a large city so isolated as is Clapton-in-Gordano in the county of Somerset.

There being no Women's Institute in the village, it was in a large room kindly lent by the owner of one of the hill-top houses that we started the W.V.S. Fruit Centre in the early summer of 1941, and during that season nearly 1000 lb. of jam were made. With the opening of 1942, however, a new kitchen had to be found, and—there being no village hall other than the schoolroom—it was a matter of some anxiety to find suitable and available quarters, but eventually two well-built but rather derelict huts were found set among the woods. On being approached, the owner was so generous and public-spirited as to offer the huts—if with some hesitation—free of rent to the Centre. The hesitation was due to various reasons. First because the huts had for years been neglected and uncared for, doors wouldn't shut, windows wouldn't open, etc., and secondly because among the few pieces of furniture which had been housed there for a brief period, all that was movable had—to quote our Scottish friends—been "lifted," and finally it was strongly suspected that for some time past certain "gentlemen of the road" had accommodated themselves in the larger hut when weather conditions made the shelter of hedge or haystack inadequate. Various articles of apparel afterwards found in odd corners lent colour to this suspicion, as did the discovery of certain empty bottles. The kindly offer was, however, accepted with alacrity and gratitude, and in February the work of preparation began in earnest.

Necessary carpentry came first. Locks were removed to be fitted with keys, and replaced, windows were made to open and close, with bolts to fasten them. Then two Centre members—perhaps more amphibious than the rest—clad themselves in mackintoshes, wellingtons and sou'-westers, and, armed with buckets of water, disinfectant and a stirrup pump, hosed the interiors of those huts from roof to floor, afterwards wading through streams of water to sweep it through the doors.

The next stage was the scrubbing of walls, on every square inch of which soap and gumption (both kinds!) were used generously. The floor for long remained a problem. A coat of creosote in the dim and distant past had made all scrubbing useless, and the stained and uneven floor-boards were depressing in the extreme. Happily, however, some blitzed and blackened cork-matting was discovered, which, after being scrubbed through a state of colourless cleanliness, was finally given a generous coating of green floor-polish, and made quite a suitable covering for the larger room, while a kindly local resident completed the general satisfaction by presenting the smaller one with new and harmonising linoleum.

Oil stoves, tables, cupboards, old (disguised) wash-stands, etc., were lent to the Centre, and these, with curtains contributed by various people, a first-aid outfit presented to us, artistic topical posters and a painted wastepaper basket, etc., all in a colour scheme of green and yellow, helped to make our woodland kitchen a pleasant place in which to work.

We have several cooks, three "tie-ers down," one label writer and a steriliser-in-chief. Some of our helpers have the steep and rugged footpath from the village to climb, some have children to prepare for school, and all the more-than-usual household chores which war-time conditions demand in the home before starting the often heavy and hot day's work once, twice or three times a week at the Centre. With another month or so of our third season's work still to come, we have now made altogether nearly 2700 lb. of jam and jelly, of which only, to date, 26 lb. have not passed the County Inspector's test as first-class jam. In addition we have made about 300 lb. of chutney. Our regret that the plum crop this year has been unequal to that of last year has been tempered by the fact that the rush has been less, and so have the wasps! As the war years mount in numbers, so do to some extent our problems and difficulties. We are all of us a little older than we were three years ago, a little more tired and war-weary. Some of us find the hill up from the village somehow longer and steeper than it was; sugar by the hundredweight and jam by the dozens of pounds do not get any lighter to carry from car to kitchen or vice versa, particularly as we have no able-bodied man to call upon to help us, and, at the end of the day, most of us have plenty of work awaiting us in our own homes. Permits and concessions for transport and fuel, milk and tea (for helpers' refreshment) do not get easier to obtain, nor the forms for obtaining them fewer and simpler. In spite of all this, however, we manage to get along very cheerfully; we have put aside a nice little sum from our profits towards the purchase after the war of a hut in which to start a Women's Institute, this in spite of Government-controlled prices; we make good jam, and we are all very good friends.

No, it is not all honey, nor even jam, but we feel that it is worth while.

A ROSE HIP COMES TO TOWN

And its Journey IS Really Necessary

THE rose hip comes, with thousands of its fellows, to be turned into vitamin-giving syrup for our children and invalids. So many W.V.S. members in rural areas take some part in organising, collecting or despatching these rose hips that, perhaps, they may be interested to know what happens to these berries when they reach the fruit-juice factory which collects hips gathered from fifteen counties stretching from Cornwall up to Shropshire.

There is no haphazard method of collection. Early in the summer County Herb Committees in the various districts are contacted and arrangements made for the collection of hips, often advance cheques being sent to cover cost of picking. Sacks for packing are also provided (incidentally, it should be stressed that these sacks cost 1s. 6d. each, and a great deal of trouble is caused when hips are returned in containers other than those provided). Numbered, specially marked labels are also issued to simplify the office work at the factory.

Now the real work on the rose hip commences. Under the eye of the expert in charge of the technical work at this particular factory, twenty 1-cwt. bags are emptied into a small mill which, fitted with knife-like teeth, cuts the hips cleanly into halves and quarters, ready for the tank of boiling water alongside. Here, for twenty minutes our rose hip (with its thousand or so companions) boils vigorously, the resulting liquid being termed "weak extract."

The task now is to reduce the liquid to a concentrated syrup without losing any vitamin C. To obtain the precious vitamin from the hip large quantities of water must be added—to produce it in handy-sized bottles much of that water must be taken away. No easy task to the lay mind.

The next step in the process is for the weak extract to be cooled and "enzymed." This is, perhaps, the most important part of the process for this powder (prepared in America and flown over here) when mixed with the liquid causes the pectin to sink to the bottom of the container in a glutinous mass—thus making sure that the finished product will not jell but be the clear syrup required.

Now in a special vacuum container, this enzymed weak extract is boiled, the steam being allowed to escape so that the resultant mixture, though much reduced, still contains the full amount of vitamins. To this, pure sugar is now added and the weak extract, now dignified by the name of syrup, enters the final stages of preparation which entails more boiling and, finally, pasteurisation to ensure absolute purity and freedom from any harmful organism that might have lived through the previous processes. The syrup is now ready for bottling and labelling and the finished product is distributed to chemists who will sell it to priority customers—children and invalids. Nor are the crushed remains of the hip, its vitamins extracted, thrown on the rubbish heap. The residue is collected and made into cattle-cake, a delicacy much appreciated by the animals.

This, very roughly, is the story of the adventures of the rose hip that comes to town.

Rose-hip syrup is, of course, but a part of the work done in this factory. It makes a famous black-currant juice syrup, processes and packs orange juice with the same care and watchfulness that goes into all the work. But it was the rose hip that would interest W.V.S. members, and could they also watch its journey through the factory they would feel that the sometimes laborious and monotonous task of collecting and despatching the rose hip is well worth the time spent—and that its journey to town is very, very necessary.

OUTWORK

I WAS approached by a representative of the Ministry of Production who made such a moving and determined appeal there seemed nothing to do but to try and help although we were in the middle of our "Wings for Victory Week" and all very disinclined to take on a new job. It was a question of starting immediately, as some large and important job was on hand for which they wished to release girls from this work in order to go on the machines.

We did not know for a day or two what work we were required to do and then I was put into direct touch with the factory we were to work for, and since then we have dealt with them direct through the outworks manager.

I understood from him if I could get 3000 pieces of rubber trimmed a week it would be a great help and I arranged immediately for cottagers near by and my own cook, all of whom have been longing to do something which really helped the war effort, and sat back feeling my job was done. I had a rude awakening! At tea-time the day before they had said they would send, a vast lorry appeared in my very small drive which was already full of prams as my small grand-daughter was having a party. From it emerged the manager, a demonstrator, and two men who were prepared to dump on me four crates containing 10,000 pieces of rubber. I took them all down to view the garden shed where I proposed putting the 3000 pieces which I had expected to arrive in light cartons, and we all simply laughed till we cried. Eventually I said I must have an hour to think and they went back to the factory and re-packed, giving me the amount I could reasonably manage. By that time I had been able to arrange two more groups and the factory promised to send the things packed in reasonable-sized cartons, and their demonstrator to come round each week until we all knew our job.

We now have eight groups and are turning out 30,000 pieces a week, by this releasing six girls for other work. The group leaders were shown over the factory and entertained by the management a short time ago. It was a great satisfaction to see some of the girls we had released working on important assembling work.

At a meeting of the group leaders and the factory representative yesterday we at last got him to say what he really wants our turnover to be. It is 60,000! Maybe he was right. I probably should have refused to take it on if I had known at the beginning.

The different way the workers take it, too, is most interesting. Some do it out of pure patriotism and like the feeling they are making things which go in aeroplanes, ships or tanks. Some are rather insulted at being paid, and I have to explain it has to be and suggest they give the money to the Red Cross. The ones I like best are those who do it to help the war but are very pleased to have a little extra to put into war savings or to amuse themselves with.

BOOK REPAIRS

IN the last eight months, Edinburgh Book Depot, connected with W.V.S. Headquarters for Scotland, has circulated 18,000 books, not only to men and women in the Services, but also to girls in the Land Army, the Timber Corps and hostels for transferred war workers. During the same period, 2000 of these books have been repaired by the Book Depot helpers.

Despite the methods being necessarily makeshift and improvised (for there is no press or apparatus of any kind) books are sent out looking neat, clean and tidy, and the lives of many hundreds of volumes have been prolonged.

The system is run on the lines of a circulating library where bundles are constantly sent out and returned for repair and re-distribution, and it is easy to see how the repairs stand the strain of constant use. To re-cover well-worn and ragged Penguins, for instance, discarded file covers are used. These are cut to the size required and creased to form a narrow slip in the centre to fit exactly the back of the book. This new cover is then fixed to the book with paste and narrow strips of sticky paper. The result is a neat cover which stands up to quite a lot of wear and tear. Old covers of books which have been sent to salvage are saved and these are used to re-cover others of the same size, the old title is covered and the new one is written on a label and pasted on the back.

Broken backs are reinforced with strong canvas strapping about two inches in width, which can be obtained in rolls already gummed on one side. Loose pages are fixed in with transparent gummed paper, and books which have been partly torn from their covers are re-fixed with strips of strong gummed paper. Rolls of the kind of brown paper used to stick on windows as an anti-splinter precaution are of great use for this purpose, for they are already gummed on one side and of a convenient width.

These ways of repairing books are simple and somewhat rough and ready, but they have been found to be strong and reliable, and well serve the purpose of circulating as many books as possible to the thousands of men and women in need of them.

WINDOW DISPLAYS

IT isn't too early to start thinking about Christmas windows. Don't wait, start now. The windows can be changed two or three times before the final Christmas display. "*Don't be a Squander Bug this Christmas—Make do—Don't spend*" would be a suitably descriptive sign in a window suggesting home-made presents for grown-ups and children, stressing the point of saving money and coupons. Ask your local work party to make examples of toys, slippers and useful household gadgets, such as mops and dish-cloths.

Old tins, too, make a good display. Collect a few well-shaped ones and turn them into useful kitchen utensils such as soap-dishes, salt-pots, measures, strainers, graters and similar things that are expensive and not easy to find in shops. Coated with brightly coloured paint they can make a gay and interesting show. Put a sign in your window such as "*Uses for old Tins*" or "*Useful home-made Kitchen Gadgets made from old Tins.*"

Another suggestion is a "slipper window" with the caption "*Save Coupons—Start sewing for Christmas.*" A great deal of care should be taken in the choice and variety of the exhibits. Cut out patterns in coloured paper, pin them together neatly and place them next to the finished slipper to show how easy they are to make. Another suggestion is a man's old felt hat cut in half—pin one half to a board, and the other half, steamed and stretched, on to the same board, with the pattern of a child's shoe chalked on it and bright lettering attached below the exhibits reading: "*Look, one pair of Child's Slippers from an old Hat!*"

Imagination is essential in the creation of a successful window. It is easy to make every corner interesting, however dull the exhibits—if a little thought is used.

CENTRE FLASHES

Four **Luton** members have been attending the local hospital weekly to make plastic bandages.

1300 garments have been redistributed through the **Guildford** Children's Clothing Exchange in six months.

W.V.S. will be staffing the Advice Bureau which is being established by the British Council for the Maltese community in **Cardiff**.

A Toy Exchange, run on the same lines as Clothing Exchanges, will shortly be opened in **Manchester**. This will be the first of its kind in the north-west.

Members of **Woodley** (**Wokingham** Boro) have organised a rota for taking out and entertaining blind workers from factories.

Woodcote Rural, **Oxon**, Housewives have organised a most flourishing rabbit club and supply all the rabbits they breed to local convalescent homes.

Some members from a **Bedfordshire** village determined to get to the Birthday Celebrations, went by coal cart when they were unable to get on any of the buses.

I.O.W. centres make a point of collecting women's journals, pattern books, etc. These have been greatly welcomed by the **A.T.S.** and **W.A.A.F.**

A **Lambeth** member, well over seventy, keeps all the books dealing with the particulars of the 100 babies at one of the Welfare Clinics.

100 petrol tins, cut, painted and stencilled, will shortly be presented by **Hertford** to the **W.V.S.** Salvage Officer to hang on the lamp-posts of the town, for the collection of bones.

Green bracken, with stalks cut off, was found by **Hemel Hempstead** to be an excellent substitute for paper, when packing fruit and vegetables for mine-sweepers.

Soon after a recent appeal to **Kingsbridge R.D.** for cowrie shells and beads, to make rosaries for Polish soldiers, a collection was quickly made and despatched.

The **Kirkintilloch**, **Dunbarton**, Centre reports an unusual activity during the "Holidays at Home Week." Several members judged a sand-castle competition held at this coastal resort.

South Shields have compiled a list of townspeople who speak European languages and who will be willing to visit any foreign patients who may be in the local hospital.

Groups of cadets of the **G.T.C.** are spending many of their parade evenings in assisting, unpacking, sorting and storing clothes at **Minehead** Clothing Depot.

Following their visit to the **W.V.S.** "swap shop" at **Leicester**, the United States Leather Mission expressed their appreciation of this new idea and their desire to introduce it to the United States on their return.

2639 garments were washed by the mobile laundry in a **London District** after a recent incident. Reports show that in no instance was the laundry exploited; it was genuinely used by people who had had their clothes soiled and damaged in the raid.

The **D.V.O.** has told the **W.V.S.** Welfare Officer for **Cheshire** County that the latest contribution of 15,500 woollen comforts for men in the expeditionary forces, places **Cheshire** at the head of the list of all county depots in **England** and **Wales**.

Region 5 have recently completed the work of unpacking, sorting, putting away and repacking the contents of 70,000 American kitbags, for which achievement grateful appreciation has been expressed by the Quartermaster-General of the American Forces.

Because the neighbours who usually help are now working, **Birmingham** are receiving more and more requests for help of a good-neighbour nature, such as a request to wheel an invalid out in a bath-chair, and another to arrange for the mid-day meal for a lady in bed with heart trouble.

During "Holidays at Home Week" in **Edinburgh** the **W.V.S.** and Red Cross staffed Mobile Canteens and fed 10,000 children and their parents at the **Edinburgh** zoo. Milk, tea and biscuits were distributed at Canteens staffed by **W.V.S.** **W.V.S.** were also in attendance at several swimming galas and open-air dancing exhibitions.

At the end of the rationing period every month, **Bermondsey** sends one of their Centre Staff to **Guy's Hospital**, where they are very short of clerical staff. The **W.V.S.** member is responsible for cutting out all the points from all the ration books of patients, staff, etc. and for stamping those commodities which are rationed but not on points.

Peterborough have found a way of making coffee in a thermos urn, acceptable to the Americans. For a 5-gallon urn: Remove infuser. 1 lb. best ground coffee in muslin bag. 2½ tins milk. 1½ to 2 mugs (½ pint) sugar. Hang bag in urn. Fill one-third with boiling water, add milk and sugar. Stir well, fill up with boiling water. Keep coffee bag in all the time and never remove.

NOTES OF THE MONTH

CHANGES OF HEADQUARTERS AND REGIONAL STAFF

The Hon. Sylvia Fletcher-Moulton, O.B.E., has left Region 9 to undertake work at Headquarters.

HEADQUARTERS. Mrs. Rowe has succeeded Mrs. Bridgeman as Head of the Food Department.

REGION 1. Miss Hornby, Assistant to the Chief Regional Administrator at Headquarters, has been appointed Deputy Regional Administrator.

REGION 6. Miss Bertram has succeeded Miss Buckle as Regional Organiser.

REGION 7. Miss Godfrey has been appointed Regional Organiser in place of Miss Stratton.

REGION 9. The Hon. Esmé Glyn has succeeded Miss Fletcher-Moulton as Regional Administrator.

REGION 10. Miss Stratton has succeeded Mrs. Davidson—who is going to Region 7 as Regional Secretary—as Regional Organiser.

W.V.S. CIRCULAR NOTICES

The following notices have been issued to Centres since the middle of September :

CNA.16/43 Re-employment of Aliens and British subjects of Alien Birth in W.V.S. Services Welfare Work.

A.16A/43 Railway Journeys on Official Business.

C.6/43 Christmas Make-Do-and-Mend Competition.

(These Circular Notices do not apply to Scotland.)

THANKSGIVING DAY

This day is celebrated by Americans on the last Thursday in November, which is 25th November this year. It is a national festival and day of thanksgiving in the United States, and some of us are likely to share in the celebrations. If you have spare pumpkins the nearest American Red Cross Club would probably be glad of them as well as any nuts or flowers.

ANTI-FREEZE FOR CIVIL DEFENCE DRIVERS

If your car radiator was filled with Government anti-freeze last winter, the Ministry of Home Security advise the following procedure : Protection will be ensured if the anti-freeze is used in the proportion of one part of anti-freeze to three parts of water, and it will only be necessary to draw off sufficient fluid from the radiator to permit the insertion of the required quantity of new anti-freeze. Where other brands of anti-freeze were used last year, the cooling systems must be completely drained before the new supplies are introduced.

TRAINING FILMS

The Ministry of Information has produced two new training films

“ First Aid on the Spot ” (17 minutes).

“ Fire Guard Plan ” (32 minutes).

Arrangements have been made between the Ministry of Information and the Ministry of Home Security whereby Local Authorities will be informed of the dates on which the M.O.I. Mobile Film Units will be in their area and can show the films.

“ First Aid on the Spot ” shows the immediate aid treatment of haemorrhage, shock, fracture and burns. “ Fire Guard Plan ” shows how a collection of premises can be organised into a Block for fire-prevention purposes, how reinforcements can be obtained from neighbouring fire-guard parties and how the assistance of the N.F.S. should be obtained.

CHRISTMAS ARRANGEMENTS FOR EVACUEES, 1943

Local Authorities have been informed that arrangements have been made for the Divisional Food Officers to authorise the issue of tea, sugar, milk, margarine and preserves for children's parties arranged by Local Authorities between 13th December and 8th January. As it is becoming increasingly difficult for the ordinary householder to arrange private entertaining the Minister of Health feels that any entertainments arranged for evacuees should be of a very simple kind, and any unnecessary publicity should be avoided. The children of householders on whom the evacuees are billeted can also be invited.

W.V.S. CALENDARS

A certain number of Calendars will be available to W.V.S. members again this year, price 1s. 6d. each, including postage. In view of the small number available orders should be sent as soon as possible to the Publicity Department, W.V.S. Headquarters, 41 Tothill Street, London, S.W.1. Cheques should be made payable to “ W.V.S. for Civil Defence.”

FOOD NEWS

THANKSGIVING DAY. 25th NOVEMBER

ALTHOUGH the Americans do not necessarily celebrate this day as Pilgrim Fathers' Thanksgiving for their first harvest, it is kept as a "family reunion" day in America.

There will be many American men and women in this country feeling very lonely on 25th November. It is up to all of us to extend extra hospitality to them on that day. Try and invite them to your homes even if you can only give them a cup of hot coffee or a really cold drink. We are, however, giving a few recipes of their National Thanksgiving Day dishes, if you are able to do more.

PUMPKIN SOUP. *Ingredients:* 2 lb. pumpkin, 1½ pints "household" milk, 2 oz. margarine, salt, sugar to taste.

Method: Peel the pumpkin, cut into dices and put into a saucepan with about 1 pint of water, add a little salt, cook until very tender. When done, press it through a sieve, add the boiling milk, the fat, some more salt or sugar to taste (sugar preferable if possible). Boil for a few minutes, stirring all the while, and serve.

MOCK TURKEY (otherwise Baked Rabbit). *Ingredients:* 1 rabbit, 4 oz. breadcrumbs, 1 oz. suet or melted margarine, 1 teaspoonful mixed herbs, 1 tablespoonful chopped parsley, ¾ gill household milk or stock, pepper, ½ teaspoonful salt.

Method: Soak the rabbit in salted water to remove any blood. Make stuffing and bind with the milk or stock. Stuff the rabbit with this mixture and bind round with a piece of greased paper. Bake in a moderately hot oven for 1½ to 1¾ hours. Baste frequently. Serve with sausages cooked round the rabbit.

BARBECUED SPAM. *Ingredients:* 1 tin Spam, ¼ cupful sugar, 1 dessertspoonful vinegar, 1 dessertspoonful water, 1 large teaspoonful made mustard, cloves.

Method: Empty tin of Spam into shallow baking dish. Score the top, and insert cloves on the surface. Bake in moderate oven for 10 minutes. Mix the sugar, mustard, vinegar and water together and pour over the Spam. Bake for another 20 minutes, basting frequently. This dish has a very festive appearance and is most delicious.

STEAMED THANKSGIVING PUDDING. *Ingredients:* 2 tablespoonfuls flour, 2½ cupfuls stale breadcrumbs, ¾ cupful milk, ½ cupful suet (chopped), 1 cupful sugar (brown if possible), 1 teaspoonful salt, 2 teaspoonfuls baking-powder, 4 eggs (reconstituted), 1 teaspoonful cinnamon, ½ teaspoonful nutmeg, ½ cupful sultanas and currants mixed, ½ cupful dates, figs, prunes mixed, ½ cupful chopped nuts.

Method: Soak breadcrumbs in milk. Add sugar, salt, spices, suet and mix well. Add fruit and nuts dredged with flour. Add eggs and baking-powder. Stir and mix all ingredients thoroughly. Add a little gravy browning to darken. Turn into a greased basin and steam for three hours. Serve with mock cream.

MOCK CREAM. *Ingredients:* 2 teaspoonfuls cornflour, 1 gill milk, vanilla or rum essence, 1 oz. margarine, 2 teaspoonfuls sugar.

Method: Make a custard with cornflour and milk, and flavour with vanilla or rum essence. Allow to cool. Cream margarine and sugar and gradually beat in cornflour mixture. Beat well till creamy and smooth. Add more flavouring if liked.

SAVOURY PUMPKIN PIE. *Ingredients:* 2 lb. pumpkin cut in thin slices, 2 lb. tomatoes, ½ lb. bread (soaked, drained and beaten with a fork), ½ lb. minced meat, 1 teaspoonful sweet herbs, 2 tablespoonfuls melted margarine, salt, pepper and thick brown gravy.

Method: Mix the bread, meat, herbs, salt and pepper to a smooth paste with the melted fat. Put a layer of pumpkin slices at the bottom of a casserole, or pie-dish, add some tomato and top with pumpkin. Pour in enough gravy to cover the last layer of pumpkin. Cover with greased paper or a lid and bake in a moderate oven for ¾ hour.

SURREY EXHIBITION

WITH the minimum of fuss and expense Surrey brought to London a really first-class Domestic Front Exhibition for one day only. Some of the prize-winning food recipes are given below. The fruit cake with almond paste and chopped nuts was "earmarked" by the Food Department at Headquarters as best value for this year's Christmas cake. While not particularly economical according to war-time recipes, this cake is delicious and worth making, and Christmas seems the excuse!

It must be remembered that anything made with present-day flour will not keep, so do not make it more than a week beforehand.

CHRISTMAS CAKE. *Ingredients:* 1 cupful cold tea, 1 cupful sugar, 1 cupful fruit, 2 cupfuls plain flour, 4 oz. margarine, 1 teaspoonful bicarbonate of soda, 2 teaspoonfuls mixed spice or cinnamon. (Note. 1 cupful is equivalent to 6 oz.)

Method : Boil tea, sugar, fruit and margarine until the fruit swells—about 5 minutes. Let it get cool—not cold. Keeping the mixture in the saucepan add the other ingredients and mix well. Put into a well-greased baking tin and bake for 1½ hours. Start with oven Regulo at 4½, and after ½ hour turn Regulo to 3.

ALMOND PASTE. *Ingredients :* 4 oz. soya flour, 4 oz. sugar, 2 oz. margarine, 2 small teaspoonfuls almond or ratafia essence, 2 tablespoonfuls water.

Method : Put the margarine and water into a saucepan and boil up. Remove from flame and add essence and sugar ; stir well, add soya flour. Knead all well together until free from cracks. Will keep for approximately 6 weeks.

HONEY GINGER BISCUITS. *Ingredients :* 3 oz. margarine, 4 oz. plain flour, 4 oz. digestive brown flour, 2 level teaspoonfuls ground ginger, ½ teaspoonful bicarbonate of soda, 1 tablespoonful golden syrup, 2 tablespoonfuls honey.

Method : Sieve flour, bicarbonate, ginger, then rub in fat. Add golden syrup and honey, knead very well, roll out very thinly. Bake in moderate oven for 10 minutes.

SAUSAGE PUDDING (FOR 9 PEOPLE). *Ingredients :* 1 lb. sausage meat, tin of hot pot, few breadcrumbs, a little potato, a small onion (if liked).

Method : Mix everything together with ½ pint of water and 1 beef cube. Boil for 1½ hours. Allow to cool and turn out. Cut slices out and fry with bacon.

PLUM SAUCE. *Ingredients :* 1 lb. plums ½ lb. sugar (brown if possible), ½ pint vinegar, ½ oz. whole ginger, pinch cayenne pepper, a few cloves and a pinch of salt.

Method : Boil all together until stones separate. Put through strainer. Heat up once more, then bottle. The sauce is ready for immediate use.

SOUPS

Now that the cold weather is coming on we can give a real welcome to soups as a regular place in the diet.

Good nourishing soups can be made with little outlay of labour, fuel and expense. Parsley and watercress are excellent sources of protective food, they supply iron which is so necessary in the diet as a tonic food and have a high content of vitamin C. These, combined with energy giving foods such as potatoes, oatmeal, beetroot and carrot, and body building foods such as beans and lentils with the addition of herbs to flavour, will go far towards making up deficiencies in diet.

In cold weather a sustaining soup served for supper (after a hard day's work) with oatcakes, potato crisps or cheese does much for the general well-being of the family.

POTATO, CHEESE AND WATERCRESS SOUP (FOR 4-5 PEOPLE). This recipe is delicious and very quickly made. *Ingredients :* 2 lb. potatoes, 1 onion (if liked), 2 pints vegetable stock or water, ½ oz. flour, 1 gill stock, 1 bunch watercress shredded or 2 tablespoonfuls chopped parsley, 1-2 tablespoonfuls grated cheese, 2 bacon rinds, salt and pepper.

Method : Peel and cut potatoes in slices. Chop onion. Put potatoes, onion and bacon rinds in saucepan with stock or water and seasoning. Cook gently until the potatoes are broken down and pulpy. Remove bacon rinds. Blend flour to a smooth paste with water or stock and add to the soup. Stir until it boils and then simmer for 5 minutes. Pour on to grated cheese and shredded watercress (or chopped parsley) and serve piping hot.

BEETROOT AND CELERY SOUP. *Ingredients :* 1 medium sized-beetroot, 1 head celery, 1½ pint water or vegetable stock, ½ oz. dripping, 1 oz. flour, 1 gill milk, seasoning.

Method : Boil beetroot gently for 1½ hours, being careful not to break the skins. When tender carefully remove skin and cut beetroot in small pieces. Use the outer stalk of celery and use the heart in salads. Melt dripping, add beetroot and celery and cook gently for 5 minutes to allow the vegetables to absorb the fat. Add stock, bring to boil and simmer for ½ hour. Sieve. Add blended flour to thicken and bring to boiling-point again and cook for further 5 minutes.

RUST PREVENTATIVE

The Ford Emergency Food Vans Trust have discovered by experiment a substitute oil for applying to the inside of food containers to prevent rust. It has been successfully tried at Headquarters, and can be obtained from Croda Ltd., Croda Works, Rawcliffe Bridge, Goole, Yorkshire, under the name of "Lanoten" in the following quantities : In 5-gallon drums at 6s. per gallon. In 1-gallon tins at 9s. 6d. per gallon. In ½-gallon tins at 12s. per gallon. In quart tins at 16s. per gallon.