

WVS/WRVS Bulletin/Magazine

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BULLETIN

Books and magazines for Korea being loaded outside W.V.S. Headquarters, Thorpe Road, Norwich. Thousands were received as the result of an appeal and accompanied men of the Royal Norfolk Regiment when they sailed for Korea recently. (See letter from H.M.S. Cossack inside.)

(Photograph by courtesy Eastern Daily Press)

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No. 142

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W.V.S. BULLETIN

Number 142

October, 1951

(Official Journal of Women's Voluntary Services for Civil Defence)

President :

H.M. THE QUEEN

Chairman:

THE DOWAGER MARCHIONESS
OF READING, G.B.E.

Vice-Chairman:

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Chairman for Scotland:

MRS. J. D. CAMPBELL, O.B.E.

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Jamaica

Hurricane Relief Fund

The Jamaica Hurricane Relief Fund appeals urgently for all types of clothing for men, women and children, particularly children. Light clothing and sandals and any summer wear are needed immediately and should be clean and ready to wear. The Fund will also welcome lengths of material, sewing materials, toilet requisites and comforts of all kinds. Parcels may be posted direct to *British Red Cross Stores, Obelisk Works, 88a, High Street, Lewisham, London, S.E.13*, clearly marked, "Governor's Relief Fund, Jamaica." Any gifts will also be accepted at local offices of the St. John Ambulance Brigade, the Salvation Army, the W.V.S. and the British Red Cross.

Book Early for Christmas

CHRISTMAS CARD (A).—With W.V.S. badge in silver and red. Price, including envelope : 4d.

CHRISTMAS CARD (B).—With W.V.S. Civil Defence badge in silver and red. Price, including envelope : 4d.

WOMEN IN GREEN.—The story of W.V.S., by Charles Graves. 5/-.

Please send cheque or postal order with order to Publicity Dept., W.V.S. Headquarters, 41, Tothill Street, London, S.W.1.

We Live to Please You

We live to serve you too, of course, but above all we want you to feel that this is *your own* magazine.

We want you to tell us the things you like to read in it and the things you would like to see in it. And—because we remain the eternal feminine—we should love to know what you think of our New Look. We think we are much more attractive now, but it is what *you* think that really matters.

And we want to be told our faults as well as our virtues. Lively, constructive criticism is the stimulus that keeps us on our toes and we look to you to provide it.

We hope that the *Bulletin* will take a special place in your lives, that it will win its own place in your hearts and become something you will look forward to each month—a friend with whom you can relax and have a really good gossip. But we can't do it without your help.

Do write—even a postcard—and let us feel that we know you personally, and so that others can get to know you, too. We hope, soon, to be able to give you a whole page for your letters, your own page where you can really get things off your chest, a page that will be a sort of meeting place for a really good talk between ourselves, so that Mrs. X of Tottenham can learn to know Mrs. Y of Dumfries.

In fact, we have all sorts of plans for the “new” *Bulletin*, but a lot of them depend on you. The *Bulletin* can only be what you—our readers—make it and the more readers we have the bigger and better it will grow.

We want you to think *Bulletin* and to talk *Bulletin* and to get as many of your friends as possible—either in or out of W.V.S.—to subscribe to it. The more subscriptions we have, the better we can make the magazine. We plan to give you things to knit, recipes from famous cookery experts, household hints, in fact, the things we all look for in any magazine. And to show you that we mean what we say . . . TURN TO PAGE 12.

The Editor

Spinach and Beet

(Extracts from the
diary of a
Centre Organiser)

Monday.—Wondered why the membership of an exceedingly small "Darby & Joan" Club had risen so remarkably recently, and called in at the newly-arranged hour of 7.30 p.m. to find out why. The room was packed—and there were more "Darbies" present than in any of our other Clubs. "It's because we meet in the evenings," the Club Leader explained. "The 'Darbies' promised to come if we changed our time, and they've kept their word." Must pass this suggestion on to other Clubs.

Tuesday.—It was the Godmothers' turn to be invited to a party at the local Orphanage to-day—and at first it was quite the most solemn and "sticky" occasion I have ever attended! Cups of tea and cakes were handed round by grave-faced young people, and it was almost impossible to get a smile out of them in response to our well-meant attempts at humour. Presently, however, we noticed a lightening of the grim atmosphere when a small boy, Ernie, started to conduct groups of Godmothers and orphans out into the garden—from which they returned with an "I-know-something-you-don't-know" air of barely-concealed triumph. At last Ernie approached me and asked, in a hoarse Cockney whisper, whether I would like to come and see "my water-otter." I gladly agreed, and several of us accompanied him (somewhat incredulously) to the small stream which runs through a corner of the grounds. There, nearly hidden amongst the weeds, was an old tin kettle. "It's a water 'otter," Ernie explained delightedly, "it 'ots water!" Bless him! His joke started us off on a lighter note and we returned to the Home to exchange others about 'cherry coloured cats with rose-coloured paws,' to the joy of the Orphans who had not heard these hoary jests before.

Wednesday.—It is some months now since a much-loved member of one of our "Darby & Joan" Clubs died, and to-day we attended a simple little ceremony in the cemetery when the headstone on her grave (subscribed by friends and fellow-members) was unveiled. Was much impressed by the poem which was inscribed under her name:—

*"Unforgotten"
I do not seek to be
Remembered in stone:
But if you think of me
Sometimes, when I am gone
And in your heart lay by
A place where I may live—
How shall I die?"*

(M.S.F.)

Thursday.—Our International Club grows apace, and some of our members are taking evening classes in French in order to be more helpful at it. Conversation overheard in the 'bus this afternoon: *Small girl*: "Mummy, what is the French for 'No'?" *W.V.S. Member* (in strong, anglicised accents): "Nong." *Small girl*: "Oh, I see. 'No' with NG added on!"

Friday.—A farmer has frequently helped our "Meals on Wheels" service by gifts of vegetables. To-day he brought a basket containing, he said, "Cackleberries." Two thoughts flashed through my mind: "I love these old country names for things," and "I wonder if they're awfully sour and will need a lot of sugar?" The basket, however, contained six dozen EGGS. "Here are your cackleberries," the farmer exclaimed jovially, and roared with laughter as our appreciation of his joke slowly dawned upon us!

Berets—and Faces



There are many kinds of beret and many types of faces. Let us consider a few of them.

There is that tight-fitting "beret basque," there is the Basque face. There is that wonderfully huge Breton beret and the wide-cheeked, sun-tanned Breton face. There is the "Monty" beret, but very few "Monty" faces. Then, there is the W.V.S. beret and there are oh! so many W.V.S. faces.

Yet the W.V.S. beret *usually* looks very smart, at least, that's what I thought. For in the windless quiet of my own home and after much pulling and pushing, I thought I had found just the right angle. People tell me that because I am short and round, berets and close-fitting hats suit me best. I wonder. . . .

It was one of those soft, damp "Irish" days. My hair was newly washed but not set. I put on my beret and left home feeling a joy to the eye, ready to impress the world. But it was twenty-seven miles to London and somehow, something came adrift en route. My hair escaped from the beret in a wild way and I arrived looking like something from a white elephant stall. My poise was shattered and at the moment my beret and I are *not* on speaking terms.

Are all W.V.S. berets temperamental? Or is it just mine? Yet, somehow, I must make friends with it. Otherwise, it might make life *very* difficult for me. P.G.W.

The Fourth Arm of Defence

The summer (what we had of it) is over, and with the arrival of autumn and the prospect of winter the Civil Defence Department at Headquarters, instead of thinking of golden and bronze leaves and Christmas, is thinking of the Civil Defence Autumn/Winter Recruiting Campaign.

Probably, at this stage the reader will turn over the page; this isn't what she expected when she sat down in her arm-chair at the end of a long day's work. Are we in time to ask her to read on? Civil Defence is a serious subject, so let us be honest with you and not pretend that these

badge we wear, the badge on the cover of this *Bulletin*.

What can we as individuals do? There is almost no end to the answers, but the Editor has only allowed us six hundred words on the subject, though she has promised that every month we may have a little space to tell you about Civil Defence.

First of all, have you yourself set the example which you must set if you wear the badge "W.V.S. for Civil Defence"? Have you enrolled in the Civil Defence Corps? And like the members in this picture, taken your own Civil Defence

Mrs. H. Bainbridge (Children's Dept.), "George," of Westminster Civil Defence Training Dept., Mrs. P. Hamilton (Instructor), Mrs. I. Graham (Food Dept.), Miss M. Manson (Services Book Dept.) and Mrs. P. de B. Smart (formerly Miss J. Smithells) photographed at their firefighting training at Westminster Civil Defence training ground. They are all members of W.V.S. Headquarter's team. Photograph by Keystone

words are to entertain, to be read and forgotten.

Every woman in this country, who in case of war will not have an obligation to the three fighting services, has an obligation to this fourth arm of defence, and every member of W.V.S. has a very special obligation. We have only to look at the

Training? Do you know what the Welfare Section of the Civil Defence Corps is? Have you realised that it is the section which you yourself should join because during war it would give you a job which you are able to do—caring for the homeless, helping with evacuated children, coping with emergency feeding?

(Continued on page 9)

Letters

Thanks from Korea

"A few days ago yet another parcel of reading matter, consisting of magazines, papers and periodicals, arrived on board, through the organisation of W.V.S. and I feel that I should write you on behalf of those serving with me, and myself, expressing our very sincere appreciation of the work you are doing.

"Over the past year our particular function as a destroyer has held us along the Korean coast, sometimes for weeks on end, and the arrival of reading material has always been heralded with much enthusiasm. Since these bundles cater for all tastes, everyone is well satisfied.

"I refer, also, to the many other facilities that come our way when on shore leave in such places as Hong Kong, Singapore, and so on, where your members do such good work in NAAFI establishments. All that remains is for me to say, 'thank you, W.V.S., for all you're doing'."

—C. J. Wilkins *L/Sea., Mess 5, H.M.S. Cossack, c/o F.M.O., Hong Kong.*

A Home from Home

"I cannot speak too highly of our W.V.S. Rest Home at 'Elmleigh,' Dallington, Northampton, where I have just spent two weeks' holiday.

"'Elmleigh' is a very delightful house, with every facility for our comfort. The

good food, lovely surroundings, and attention were quite beyond my expectations.

"I do wish to thank all those members who were so kind to me on my journey to 'Elmleigh,' also those who had made it possible for me to have a holiday and rest in such lovely surroundings, which has renewed my health and strength to carry on again in our Women's Voluntary Service, where I have been a member and Centre Organiser since its commencement."—A.I.

On the Record

"Would you please have placed on record my appreciation of the financial help obtained for me and the unceasing efforts for the welfare of my children and myself.

"Although I realise that the W.V.S. is not an individual organisation and I must appreciate that many members remain as it were unhonoured and unsung, I must especially mention Mrs. M. Jackson, of Withernsea.

"This lady has worked long hours on my behalf, many times at her own personal expense, has contacted me sometimes late at night and made many inconvenient journeys on my behalf. She has also given me food and sweets for the children out of her own commodities and also altered clothing for my eldest daughter. Her advice to me has always been given gladly and willingly, in fact, she has helped me as though I was her own son."—J.C.D.

The Fourth Arm of Defence

(Cont. from page 8)

The story of this work is told in a small book with an unattractive title. It is called, *Civil Defence Manual of Basic Training Volume 1. Welfare Section Pamphlet No. 2.* It costs 1s. from your bookseller or from H.M. Stationery Office, London. Do not let the title put you off. This little book is full of human interest. There is a copy of it in every W.V.S. Centre in case you would like to look at it before you risk your 1s.

Finally, do you know all the answers to these questions? Or even some of the

answers? Can you answer that being prepared is our greatest hope of peace and can you argue on those lines? There is much for us all to learn and think about as well as much for us all to do if we are to play our part in trying to preserve peace while being ready to serve should the need unhappily arise.

Next month we shall write about the Recruiting Campaign and show you pictures of models made by W.V.S. members to illustrate the Welfare Section of the Civil Defence Corps. F.C.

W.V.S. at Home and A

*This month we let pictures tell you the story of W.V.S. activities r
an Army Cadet Camp in Lincolnshire to a cocktail party in C.*

Feeding six hundred army cadets was a job recently undertaken by Grimsby W.V.S. at Weelsby Army cadet camp, Notts. Here, two members of W.V.S. take care of the "inner man" of some of the six hundred, whose ages ranged from 13 to 18 years. Preparation and serving of the meals was done by W.V.S., with a civilian staff of men cooks. Some members "slept in" at the camp and others went in daily relays, working in shifts.

(Photograph by courtesy of Grimsby Evening Telegraph.)

Members of Grimsby Continental Wives' Club toss bean bags on to a bean board at their annual Garden Party while Miss Waldram (County Borough Organiser) looks on. The party was held at the home of Mrs. J. Wood, Vice-Chairman of the Continental Wives' Committee.

W.V.S. West Bengal held a most successful cocktail party recently to welcome Major-General Misri Chand and to say farewell to Major-General S. B. S. Roy and Mrs. Roy. Our photograph shows Mrs. Roy (Vice-President, W.V.S. West Bengal), Major-General Misri Chand, Mrs. G. W. R. Fitzau (President, W.V.S. West Bengal), Mrs. Haksar (daughter of the Governor of West Bengal), Major-General S. B. S. Roy and Mrs. E. English (Hon. Prov. Sec., W.V.S. West Bengal).

(Photograph by courtesy of Narain Photographer, Calcutta)

broad

anging from
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Mrs. Patterson and Mrs. Walkden, of Margate, with Mrs. Glover and Mrs. Coppen, of Westgate, sit among a riot of flowers on the W.V.S. float at the Margate Festival Carnival held in September. All aspects of W.V.S. activity were represented on the float, with particular emphasis on hospital work.

(Photograph by courtesy of Sunbeam Photo Ltd., Margate.)

ROYAL
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A Cardigan for You to Knit

ROYAL
VOLUNTARY
SERVICE

With wool prices slashed and winter lurking round the corner, this is the moment to start knitting. Here is an attractive, ideal pattern for a W.V.S. cardigan, designed by Women's Home Industries.

SERVICE

ROYAL
VOLUNTARY
SERVICE

ROYAL
VOLUNTARY
SERVICE

ROYAL
VOLUNTARY
SERVICE

ROYAL

This is a long-sleeved cardigan in cable stitch with strips of stocking stitch between cables. The borders are worked in k.1, p.1, rib. The cardigan buttons in front to just beneath the armhole, making quite a low "V" neck.

ROYAL
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SERVICE

ROYAL
VOLUNTARY
SERVICE

ROYAL
VOLUNTARY
SERVICE

Instructions for Making

MATERIALS.—11 oz. of 3-ply wool; 1 pair No. 10 or (A) needles; 1 pair No. 12 or (B) needles; 1 spare needle, pointed at both ends.

Size.—To fit 36-in. Bust (Size 14).

Measurements.—Width all round at underarm, 38 inches; Length, 21½ inches; Underarm sleeve length, 17½ inches

Tension.—7½ sts. and 9½ rows to 1 inch on No. 10 or (A) needles, measured over stocking stitch; or one complete pattern, not stretched (that is, cable and stocking stitch), measures 1½ inches across.

Knit a small sample square to test your tension before you begin the work. If you get more stitches to one inch, try a larger needle; if fewer stitches, try a smaller needle. When your tension is correct on the (A) needles, you will need two sizes smaller for (B). It is important that your tension is absolutely correct.

BACK.—Using No. 12 or (B) needles, cast on 182 sts. Work in k.1, p.1, rib for 2½ inches. Change to No. 10 or (A) needles and commence pattern.

1st row.—Purl 3, * k.1, p.6, k.1, p.4. Repeat from * to last 11 sts., k.1, p.6, k.1, p.3.

2nd row.—K.3, * p.1, k.6, p.1, k.4. Repeat from * to last 11 sts., p.1, k.6, p.1, k.3.

3rd row.—As 1st row.

4th row.—Cable twist row. K.3, * p.1, slip next 3 sts. onto spare needle and put to back of work, knit next 3 sts., then knit 3 sts. from spare needle, p.1, k.4, p.1. Continue along row, cable twist every group of 6 sts., ending k.3.

5th row.—As 1st row.

6th row.—As 2nd row.

These six rows form the pattern and are repeated throughout the garment, so that the cable twist row is worked every 6th row. Continue in pattern until work measures 13 inches from cast on edge.

Shape armholes.—Cast off 6 sts. at the beginning of the next 2 rows, then k.2 tog. at each end of every row until 132 sts. remain. Keeping to pattern, continue

without further shaping until armhole measures 8 inches and work measures 21 inches from cast on edge.

Shape shoulders.—Cast off 13 sts. at the beginning of the next 6 rows. Cast off remaining 54 sts. for back of neck.

RIGHT FRONT.—Using No. 12 or (B) needles, cast on 86 sts. and work in rib as for the back. Change to No. 10 or (A) needles and begin the pattern.

1st row.—Purl 3, * k.1, p.6, k.1, p.4. Repeat from * ending k.1, p.6, k.1, p.3. Continue in pattern until work measures 11½ inches from cast on edge. **SPECIAL CARE** must be taken that the cable twists match at shapings.

Shape neck.—K.2 tog. at neck edge on the next and every following 4th row until the work measures 13 inches.

Shape armhole.—Continue to decrease at neck edge every 4th row, but cast off 6 sts. at armhole edge, then decrease 1 st. at this edge every row until 25 sts. are shaped off this edge, altogether.

Now continue in pattern, decreasing only at neck edge until 39 sts. remain and work measures 21 inches from cast on edge.

Shape shoulder.—(Starting at armhole edge.) Cast off 13 sts. on alternate rows 3 times.

LEFT FRONT.—Work as for Right Front and reverse all shapings.

SLEEVES.—Using No. 12 or (B) needles, cast on 58 sts. Work in k.1, p.1, rib for 2½ inches.

Next row.—Rib 2, * inc. 1 in next st., rib 3. Repeat from * to end of row. (72 sts.) Change to No. 10 or (A) needles.

1st pattern row.—P.2, k.1, p.6, k.1, p.4, ending row p.2. Continue in pattern and increase at both ends of the needle on every cable twist row, until there are 110 sts. on the needle. Continue in pattern until work measures 17½ inches from the cast on edge.

Shape top.—K.2 tog. at each end of every row until 80 sts. remain, then decrease 1 st. at each end of every alternate row until 60 sts. remain. Now decrease 1 st. at each end of every row until 30 sts. remain. Cast off. Work another sleeve in exactly the same manner.

BUTTONHOLE BORDER.—With No. 12 or (B) needles, cast on 11 sts.

1st row.—Sl.1, (k.1, p.1) 5 times.

2nd row.—Sl.1, (p.1, k.1) 5 times.

Repeat these 2 rows throughout.

At $\frac{1}{2}$ of an inch, make the 1st buttonhole thus:—

Next row.—Rib 4 sts., cast off 3 sts., rib 4 sts.

Next row.—Rib 4 sts., cast on 3 sts., rib 4 sts.

Continue to make 5 more buttonholes spaced approximately $1\frac{1}{2}$ inches apart, the last buttonhole to be just below the

first neck shaping. Continue ribbing for length, slightly stretched, for remainder of Right front across back of neck and down Left front. Cast off.

TO MAKE UP.—Steam lightly on wrong side with damp cloth. All seams should be back-stitched on the wrong side as close to the edges as possible, except welt and cuffs and front borders, which should have a flat seam. Join shoulder seams. Set in the sleeves. Sew up side and underarm sleeve seams. Sew on the ribbed border, keeping this join as flat as possible.

W.V.S. Annual Tennis Tournament

For the fourth successive year W.V.S. recently held a most successful two-day tournament at the All-England Tennis Club, Wimbledon.

It was by kind permission of the Club Committee that this was made possible and with the non-playing Captain of the British Wightman Cup team, Mrs. Shepherd-Barron, to organise it, the tournament got off to a flying start.

The weather was ideal—cool and windless—and the general excitement was heightened by the thrill of changing in the

competitors' dressing rooms and taking lunch in their restaurant. For many it was their first experience of Wimbledon from the player's angle and all were extremely grateful for this opportunity of seeing it from the "inside."

Members of Wimbledon W.V.S. again acted as hostesses and served an excellent lunch of sandwiches, soup and coffee.

In play, Region V was invincible and our congratulations go to Mrs. Couper and Miss Steele, who won both the American Tournament and the Regional Pairs. Congratulations also to Mrs. Evans and Mrs. Dunkley (also of Region V) who were runners-up in the American Tournament and Mrs. Twine and Miss Caudwell, of Region VI, runners-up in the Regional Pairs.

The General Election

With the forthcoming General Election it is of great importance that all members should remember the non-party character of W.V.S. and it depends on the good judgment and integrity of every member whether this can be achieved in the spirit as well as in the letter.

Of course any member may undertake political work as a private individual, but do remember that "*W.V.S. uniform should not be worn*" when canvassing, working in party offices, speaking at political meetings, assisting in polling booths, driving candidates or voters, etc. Speakers on political subjects should, of course, avoid

any topics connected with W.V.S. work, and W.V.S. members standing as candidates should not refer to their own work with W.V.S. in their election addresses without first consulting their County or County Borough Organisers. W.V.S. members who wish to do full time political work should "stand down" until the election is over.

Of course, no party or election propaganda may be placed in W.V.S. offices or on any car which bears a W.V.S. plaque or label. It is simple to remove or obscure a W.V.S. sign when a car is being used for political work.

Scottish Page

Yet another Edinburgh Festival is very successfully over. The W.V.S. section of the Festival Club Information Bureau is now a well-established feature and our members find that many of the same overseas visitors return each year to them for all the information that they require. This year a rota of five staffed the Bureau for four weeks and many compliments were made about their unfailing helpfulness and cheerfulness to those who sought their advice.

Edinburgh Centre was also asked to supply guides and escorts to many overseas visitors who wanted to be taken on conducted tours of Edinburgh, visiting the various exhibitions, doing shopping and general sightseeing.

Scottish Headquarters, too, played its part. On the eve of the opening of the Festival, a telephone call was received from a lady member of the Glyndebourne Opera Company. She wanted a blouse made within twenty-four hours. A member of the staff gave her the name of someone near Headquarters, who is renowned for her alterations to W.V.S. uniforms. Sure enough, she made the blouse in the prescribed time, was kissed on both cheeks by the delighted opera singer, and presented with three seats for the opera.

Only the North-East and Western Districts have organised Garden Competitions this year, but in both cases these have been well supported and a great success.

In Aberdeen, Mr. A. R. Strachan, 1, Paget Place, Tillydrone, Aberdeen, won the silver cup. His garden was really a beautiful sight and well deserved the prize. The presentation ceremony was made

by Bailie James Mackie, of the Aberdeen Corporation.

In the Western District the two competing Centres were Glasgow and Bellshill. The Centre Organiser of Glasgow has kindly presented two beautiful silver cups, one for the best prefab garden and the other for the best window-box garden.

Mr. Robert Twaddle, 10, Cairnlea Crescent, Bellshill, won the cup for the best garden. His garden was a riot of colour.

The window-box garden was won by Mr. William Masters, 41, Sannox Gardens, Glasgow. Mr. Masters is a Park Ranger, and had converted the tiny balcony of his house into almost a miniature garden.

The runner-up in the Garden Competition was Mr. R. B. Walker, 163, Lincoln Avenue, Knightswood, Glasgow. He has won a prize of a week's free holiday at one of Butlin's Holiday Camps, presented by Mr. Butlin.

The presentation of prizes for the competition took place in the City Chambers, Glasgow, on the 31st August, when more than sixty people attended. Bailie Dr. Gladys Dewar, Senior Magistrate of

(Photograph by courtesy of Glasgow Daily Record)

Mrs. Kerr (W.V.S. Centre Organiser, Bellshill) looks on while Bailie Dr. G. Dewar, Senior Magistrate of Glasgow Corporation, presents prizes to Mr. W. Masters, Glasgow, and Mr. R. Twaddle, Bellshill, winners in the W.V.S. Glasgow garden competition.

receive Meals on Wheels. They were all taken for a 'bus tour to the very beautiful Glen Clova.

The County of Angus held a most successful Training Day early in September when the Regional Organiser and the District Organiser of the South-East District were the principal speakers. Approximately fifty members attended. In addition members of the Local Authority came to the afternoon session which was devoted to Civil Defence. At the end a very lively discussion took place and many puzzling points were cleared up.

* * *

Finally, Scotland is still busily knitting for the K.O.S.B. in Korea. The Regimental Association sent £600 to provide wool for eight hundred pairs of gloves and scarves so that the Regiment would have them when the cold weather sets in. This job is to be finished in four weeks. In addition we have received other donations of money to buy wool, and socks and Balaclava helmets are being knitted as well. Another large consignment has just been despatched to Korea. Many gifts of handkerchiefs have also been received, including some from the W.R.A.C. Association (incorporating Q.M.A.A.C. and A.T.S. Comrades Association), Edinburgh Branch.

(Photograph by courtesy of Arbroath Guide.)

Meals on Wheels staff, Arbroath, visited by the Chairman.
Left to right : Mrs. Leslie, Mrs. Bryce, Mrs. Campbell, O.B.E. (Chairman, Scotland), Mrs. Illingsworth, Mrs. Ross, M.B.E. (Centre Organiser, Arbroath), Miss Watt (Regional Organiser, Scotland).

Glasgow Corporation, presented the prizes. After the ceremony, through the generosity of the Corporation, tea was provided and the Curator of the City Chambers took the guests on a conducted tour of the building.

* * *

Prestonpans W.V.S. Over Sixty Club held their Annual Outing to Bo'ness via the Forth Bridge. On arrival at Bo'ness a splendid tea awaited them before the 'bus turned homewards. This outing was entirely free, the money having been raised in the Club during the preceding year by various small efforts.

Arbroath Centre, too, organised an Outing for the twenty-eight old folk who

MEDALS OF THE MONTH

SALVAGE.—We work hard on this job although this month there has been a decline, owing possibly to many people being away on holiday.—Kensington.

NEW ACTIVITY.—W.V.S. have arranged to relieve the Master and Matron of a Residential Nursery once a month, so that they can take a week-end off together, the Assistant Matron being left in charge.—Godalming.

Hot, Cold and Savoury

These are delicious and economical dishes that can be made with either fresh or cooked meat and will help the meat ration to go further.

We hope you will let us into some of your own cooking secrets and send your favourite recipes for other readers to share. They should be sent, please, direct to the Editor, W.V.S. Bulletin, 41, Tothill Street, London, S.W.1.

Chopped Beef Roast

Mix one and a half pounds chopped meat with one cup of water, one cup of bread crumbs, one grated onion, salt, seasoning to taste. Have ready one or two hard boiled eggs. Mould the meat into a ball or loaf, putting the hard boiled eggs in the centre so they will be surrounded and hidden by the meat. Cook either in the oven or pot roasted in dripping and a small amount of water on top of the stove. If the eggs are properly placed in the loaf, each serving should have a slice of egg in the centre. For four people, served hot or cold.

Potato Meat Pie

INGREDIENTS

- | | |
|--------------------------------|---------------------------------------|
| $\frac{1}{2}$ pound cold meat. | 2 cups milk. |
| 1 pound mashed potatoes. | $\frac{1}{2}$ pound sliced tomatoes. |
| 4 tablespoonsful flour. | 1 tablespoonsful butter or margarine. |

Cut the meat in thin slices and lay in bottom of baking dish. Place sliced tomatoes on top of meat. Over this pour a sauce made of butter, flour, and milk. Finish with a top crust of mashed potatoes and bake.

Creole Rice

INGREDIENTS

- | | |
|----------------------------|------------------------|
| 1 cup rice. | 1 cup stewed tomatoes. |
| $\frac{1}{4}$ pound bacon. | 1 large green pepper. |
| 2 onions. | |

Chop the pepper, onion and bacon, and cook with the tomatoes in a buttered dish for a few minutes. Now turn into a stew-pan with the rice and about a quart of water and cook until rice is tender.

From the Centres

CARLISLE

A young mother, prior to sailing for Canada to join her husband, has been spending a few weeks in Carlisle and borrowed a high-chair from W.V.S. It was delivered by our van, which was a present from the *Toronto Evening Telegram*. "Why, that is where I am going!" she exclaimed on seeing the inscription. She expects to be interviewed by the Press on her arrival, but if the *Telegram* is not represented, she has promised to call at their office and tell them she saw the van in use, and how much it is appreciated.

EXMOUTH

An amusing story has reached us from Devon, of the sort of thing W.V.S. are asked to cope with. A woman called at the office one morning and said, "I think my husband has gone off with someone else, could you do something please?" The matter was settled and the husband "returned"!

HEADQUARTERS

This is a story against ourselves. The missing diplomats have nothing on us when we really try. A sightseeing tour of W.V.S. activities had been arranged for some overseas visitors. One was a lady from Thailand and they were to meet in the main hall at H.Q. They met and set off in the van for Kensington and then the trouble began. At Kensington it was discovered that the "little dark lady" who had been taken on the tour was not the visitor from Thailand but a bewildered volunteer on her way to Personnel to offer her services! She too was a foreigner and had not been quick in establishing her identity. The Siamese visitor was still waiting at Headquarters! Eventually with much good humour the muddle was sorted out, but we feel there's a moral in it somewhere.

HORSHAM

Our Home Helps are a really splendid lot of women, ready to help us out however

trying the demands we make upon them. One of them, calling on her way to a cinema, found her case—an old lady—lying on the ground, unable to move or get help. Her leg was broken. The helper took charge of the situation, sending for the doctor, letting relatives know, etc., and accompanying the patient to the hospital.

LANCASHIRE AND CHESHIRE

It was a pleasant change to have the Chairman with us this summer. Our visits from Lady Reading are usually winter ones. We were particularly glad to be able to take her to St. Helens, for this big County Borough has been without W.V.S. for many years and it is a source of satisfaction that we have at last found a young, active County Borough Organiser.

MABLETHORPE

W.V.S. are doing splendid work in the Lost Children and First Aid Centre in Quebec Road with the co-operation of the foreshore staff and police. During one Sunday alone they dealt with over seventy cases. One seven-year-old boy, lost just after 2 p.m., was found in the late evening seven miles away by the police at Saltfleet. The boy was absolutely exhausted and spent the afternoon asleep in the Centre. W.V.S. sent him home by "bus".

NORWICH

Anglo-American Club. With the negotiations for the use of the premises at No. 3, Colgate completed, the Americans from Sculthorpe are providing the workmen and W.V.S. the materials for re-decoration. The husband of one of our members and the City Deputy Architect have very kindly taken over the supervision of the work.

NOTTINGHAM

W.V.S. Darby and Joan Club, Lilac and Maple Wards. These wards are long-term geriatric units connected with Mapperly Mental Hospital and W.V.S. have run a Darby and Joan Club there for nearly two years with great success.

There is no doubt at all that this contact with the outside is making a great difference to the mental outlook of some of the patients. They definitely look more "alive" and are beginning to correlate mind and hands through simple action songs. The Club has brought to light a hidden fund of amusement—even talent.

PORTSMOUTH

How *not* to wean a baby. Last week, one of our members on duty in our Front Office had a visit from a young mother who wanted advice on weaning her baby. She could not think what to try, as neither boiled eggs nor fried liver seemed to agree with the child, aged seven months.

RICKMANSWORTH

The five weeks that ten Austrian boys and girls spent in Rickmansworth were a busy time for W.V.S. Expeditions were arranged for them to Oxford, Eastbourne, London and the Festival. The manager of the local Odeon Cinema invited them all to the Saturday Children's Club where they went on the stage and sang and played Austrian songs. They attended the weekly meetings of the International Club and a garden party given by the local United Nations Association. On leaving, the boys and girls presented bouquets to everyone and gave the Centre Organiser a most beautiful hand-illuminated booklet as a memento.

RUSTINGTON

The shoe repairer in the village was very worried over the repairs for the Old Age Pensioners. He said he did what he could to help, but could not afford to sole and heel very cheaply, so he came to W.V.S. to see what could be done. We brought the matter up at a Darby and Joan meeting at Chichester and have now found a way to help them.

SCARBOROUGH

The Tuck Shop at St. Mary's Hospital has been open more than twelve months and receipts have remained steady. The old folk like to come in for a chat. One old lady comes in regularly for 4 ozs. of acid drops "to eat in the bath," Monday being the day for "morning baths." As yet we have not ascertained whether all the sweets have to be eaten during the ordeal!

PERSONAL COLUMN

Rates: 10s. for a minimum of three lines, 2s. 6d. per line thereafter

Special rates for Bulletin subscribers.

Amoline—The Perfect Hand Cream ; recommended by doctors and nurses for Housewives. 2s. 6d. post free, jar lasts months. *Reply Box 118, W.V.S. Bulletin.*

Tomato Sauce (hot) : 1s. 6d. per 6-oz. bottle. Suitable for Far Eastern palates. *Reply Box 119, W.V.S. Bulletin.*

Make Your Own Xmas Cards, and Calendars, from brilliantly coloured leaflets of British Birds, 7 in. x 5 in., by well-known artists. 1s. per doz. assorted, post free. Sample 2½d. stamp. *Vawser & Wiles (London), 356, Kilburn High Road, N.W.6.*

Wanted : Paradise Plume, in Black or Black/White. *Reply Box 120, W.V.S. Bulletin.*

Wanted : Scraps, Gifts of lengths of suitable material (felt, etc.), for the making of Xmas toys, woolly animals, will be most gratefully received by Training Dept., W.V.S. Headquarters, 41, Tothill St., London, S.W.1.

FOR SALE

Man's Dinner Jacket Suit, lined silk—only worn once. Chest 44 in., shoulders 21 in., waist 43 in., inside leg 33½ in. £20 or near offer. *Reply Box 121, W.V.S. Bulletin.*

Summer House on Turn-table, three sides enclosed, can be turned to catch the sun on open side. 8 ft. wide x 6 ft. deep. Pointed roof, entrance 5 ft. high approx. Excellent condition. Can be collected from Chalk Farm area. Price £12 or near offer. *Reply Box 122, W.V.S. Bulletin.*

For Sale : Three-quarter length Beige Snow Wolf, Fur Coat, as new, lined maroon satin. Price £20 or near offer. *Reply Box 123, W.V.S. Bulletin.*

Lady's Blue and Brown Herring-bone Tweed suit and top coat lined silk, as new, perfect condition. Ideal country wear. Bust 43 in., waist 32 in., hips 45 in., length 46 in. £18. *Reply Box 123, W.V.S. Bulletin.*

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