

WVS/WRVS Bulletin/Magazine

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WOMEN'S

ROYAL

VOLUNTARY

SERVICE



MAGAZINE

50p ANNUALLY
70p OVERSEAS

No. 418
NOVEMBER 1974

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The Women's Royal Voluntary Service has offices and centres in England, Scotland and Wales—addresses in all telephone directories. As a Service of the Crown it provides an organisation which enables part-time volunteers to serve the community.

Each WRVS MAGAZINE covers many aspects of WRVS work and usually features one of the main groups of work each month.

WRVS Leaflets for Senior Citizens

WRVS SUGGESTIONS FOR SHOPPING—STORAGE—SAFETY
FOR SENIOR CITIZENS IN THE KITCHEN

Leaflet costs 2p

SEVEN SIMPLE MEALS FOR SENIOR CITIZENS TO COOK
FOR THEMSELVES

PROTEIN PROVIDERS	No. 1	(Main Meals)
SWEET AFTERTHOUGHTS	No. 2	(Puddings)
EDIBLE EXTRAS	No. 3	(Snacks)

Each leaflet costs 1p (while existing stocks last)

Please send cheque or postal order made out to Old People's Welfare Fund and address envelope to: Departmental Services, WRVS Headquarters, 17 Old Park Lane, London W1Y 4AJ

HOUSING ASSOCIATION WINS SECOND AWARD GOOD DESIGN IN HOUSING 1974

FROM THE ASSESSORS RECOMMENDATION FOR A MEDAL AWARD

Entered in the Public Sector Scheme—Category (ii) Old People's Dwellings
WRVS HOUSING, QUEEN ELIZABETH CLOSE, PALACE PLAIN, NORWICH
7 houses and 18 flats

This group of dwellings for the elderly lies within an historic precinct of immense charm and displays imagination, quality of design and finish, fully compatible with the surroundings.

The two-storey terrace faces on to a common garden, the ground-floor units each with its own entry from the garden, and the upper level from an enclosed corridor at the rear which, for probably little extra expense, is infinitely more luxurious than the customary open access balcony system.

The facade of the terrace is very well modelled, primarily by the provision of a large recessed window box and a number of features, such as the incorporation of an old flint boundary wall with its termination in a staircase turret, gives the whole scheme a sense of richness and warmth.

Internally, the units are thoroughly considered in planning and detail and no less attention is evident in the exterior design of the courtyard garden with its planting, fountain and brick pavings.

The architects for the scheme were Fielden and Mawson



by courtesy of the Architects' Journal

Access to first floor flats is through an enclosed corridor.

GOOD COMPANIONS

undertake to give regular help of a practical nature according to the needs of the person befriended

THERE ARE MANY handicapped and aged people who are finding it increasingly difficult to run their homes without assistance and, to help them remain independent, the WRVS Good Companion Scheme was started with the blessing of the Department of Health and Social Security.

Good Companions undertake duties such as escorting people to hospital, the outpatients' department, the opticians and for the fitting of hearing aids. Cleaning windows, ironing, shopping, taking clothes to the laundry and the cleaners, and sewing and mending are all jobs which householders often cannot do for themselves.

There are many maintenance and repair jobs in a house where the householder is incapacitated. For example, securing

loose carpet edges and loose mats, oiling of fastenings and hinges, fitting draught excluding strips to doors and windows, changing electric bulbs in high fittings, checking electrical appliances and changing washers on dripping taps.

There are also emergency tasks such as sweeping paths clear of snow, help with frozen water systems, and seasonal tasks such as hedge clipping, and lawn mowing.

Social Workers, Health Visitors and other recommending bodies have all welcomed the scheme which, after successful pilot schemes, has now been launched nationally. There is an evident and rapidly increasing need for such help—the WRVS need more help to enable them to fill the need.

Changing an electric bulb in a ceiling fitting—this Good Companion in Wales befriends several different male householders.





A ninety year old householder and his Good Companion are regular visitors at the local Football Club where they seldom miss a match.

A male Good Companion, who is retired and a pensioner himself with a part-time job, has cared for a married couple for two years, visiting them every day, doing their shopping, taking them to surgery, collecting pensions and prescriptions, lagging pipes, repairing garden fences, chopping fire-wood, and doing a hundred and one other jobs. He also takes them out for a drive whenever the weather is pleasant.

Last year a housebound elderly man was very worried about possessions left to him by a relative as there was no one to collect them. A male Good Companion got in touch with the solicitors and had all the property collected and delivered to the owner.

Another male Good Companion has succeeded in becoming a friend to several of the more difficult elderly men in one community and they enjoy having the companionship of another man.

An elderly couple who are both housebound have a mentally retarded son who needed a new suit. They contacted the Good Companion who had helped them before on many occasions. The Good Companion explained the situation to the manager of a shop who allowed him to take an assortment of jackets and trousers home to the family so that they could choose the clothes they thought suitable. The Good Companion then took the son to buy new shoes. Needless to say the parents were very grateful and the son exceedingly proud of his new clothes.

An elderly woman lost her husband, and the shock made her mentally disturbed. She could not or would not look after herself or her dog and often slept on the kitchen floor wrapped in an eiderdown. The neighbours refused to help because she was too difficult. The woman used to take her dog for long walks into the nearby hills and forget to return home; the Good Companion knew her habits and always



A Good Companion accompanied a householder with rheumatoid arthritis while she practised driving in the car issued to her as a disabled person.

searched for her there until she was found. Eventually the Good Companion's constant visits began to have a beneficial effect on the woman's health and she is now her normal self. She realises that she must have been very difficult and is thankful for all the help she was given.

Some Good Companion work is on a comparatively short-term basis. People recovering from illness or accident can convalesce in their own homes if someone will undertake to call regularly and help with odd jobs and shopping until the patient is fully recovered and able to manage again without assistance. Often convalescents suffer from depression; Good Companions, through WRVS contacts, can help them to join clubs or classes where they can find shared or new interests.

Many young mothers with small babies find life very difficult for the first few months. A Good Companion with children

of her own is a great help in this situation and soon has a young mother back into the swing of things.

A Good Companion helps the mother of a 13-year-old spastic boy by taking him shopping in his wheelchair when he returns home at week-ends and on holidays.

Help in the house and companionship were given to a young mother with three children while her husband was seriously ill in a London hospital. Her youngest child was looked after whenever she visited her husband who, sadly, died just before Christmas. Voluntary financial contributions poured in from neighbours and residents and, at their request, the Good Companion bought toys for the children and tickets for a pantomime. She continues to keep in touch with the family.

A young woman with three children was deserted by her husband for another

woman. The young wife had left all money matters to her husband and, unused to the responsibility, was soon in debt. A Good Companion taught her how to manage her money, live on a budget, gave her many economical tips and made arrangements for the children to be provided with clothes.

Various other tasks are undertaken; exchanging library books for elderly and incapacitated people, providing transport, placing flowers on relatives' graves, organising parties of children to sing Christmas carols to housebound people in their own homes and leaving their daily newspapers when deliveries were terminated because of the petrol shortage.

A list of the kind of help given by Good Companions is endless and varies according to the needs of the householder. Regular visits on stated days and at stated times and practical help are a most important part of the work.

Materials are taken by Good Companions to housebound people who enjoy helping WRVS by making garments for distribution through WRVS Clothing Stores.

Whilst visiting schemes are primarily concerned with alleviating loneliness, Good Companions can make a major contribution towards enabling disabled and elderly people to remain in their own homes.

Many people who work during the day are volunteering as Good Companions as this is voluntary work which can be carried out at week-ends or during the evenings.

Volunteers for the WRVS Good Companions Scheme need not become members of the Women's Royal Voluntary Service. Anyone who is willing to help can work through the WRVS, who ensure continuity of contact by arranging substitutes where necessary, as in all work undertaken by the Service. Volunteers can be covered by the appropriate WRVS insurance schemes.

FIRST RURAL TRANSPORT SERVICE IN WALES



by courtesy of the Star Journal Studios, Shropshire

The District Organiser checking map references when planning for the new service.

THE FIRST WRVS social transport service in Wales, was organised in the Maelor district of Flintshire on 1st January, 1974, after eighteen months of planning.

The service was suggested initially by the Maelor Rural District Council because of the increasing lack of buses, which do not run at all in some districts and are very poor in others.

The Maelor Centre WRVS Organiser and members planned the details of the service after a visit to Bridgnorth in Shropshire where the WRVS run a similar very successful scheme; and after many months of organising the Welsh Office gave their approval.

The service provides free transport, mainly for elderly people and for people without cars who want to visit a doctor, a dentist or a hospital, or make other necessary journeys such as visiting relatives in hospital. A few elderly people are taken regularly to do their shopping. As an example of some of the journeys undertaken, two children have been taken twice a week, for four weeks, to a nursery school in a neighbouring village. Two drivers helped, one living near the family took their children to school and someone living near the school drove them home, so that any waiting around was avoided.

The Service supported by the Welsh Office, Flintshire County Council, and Maelor Rural District Council was on trial for six months, and available to villages throughout

over

the Maelor district, and on the borders of Shropshire, Cheshire and Denbighshire and includes Bangor-on-Dee, Overton-on-Dee, Worthenbury, Tallam Green, Penley, Hammer, Bronington, Bettisfield and Higher Wych. Cars are provided by volunteer drivers who are recruited from the thirteen parishes and they are paid an agreed mileage.

Each driver fills in a simple log sheet for each month and these are collected and posted to the Shire Hall at the end of each month. A cheque is sent direct to each driver for the cost of the journeys undertaken during the month. In June, drivers for the car service travelled 1,032 miles.

Printed posters, appealing for drivers, are put up in village post offices and although there are about twenty-five drivers available, including men, many more are needed.

The Welsh Office pays the bill for half the costs of running the service and the remainder is shared equally by the County and District councils.

The service was recently featured on B.B.C. 4 *Woman's Hour*, and has shown its value in a particularly rural area where buses run infrequently or sometimes only once a week.

ROYAL
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**A volunteer driver in the
WRVS scheme makes an
emergency trip to
Wrexham Hospital with a
small boy who has injured
his hand.**

ROYAL
VOLUNTARY
SERVICE

*by courtesy of Western Mail,
Cardiff.*

ROYAL
VOLUNTARY
SERVICE

ROYAL
VOLUNTARY
SERVICE

VOLUNTARY SOCIAL CAR SERVICE IN LINCOLNSHIRE

WITH THE GRADUAL reduction, and in some cases complete withdrawal of bus and train services in the rural areas of Lincolnshire, it became apparent that a transport service was needed to help alleviate hardship. The County Council approached the WRVS in June 1971 inviting them to make a survey of need and, with their financial backing, organise a network of drivers using their own cars under a combined scheme.

The survey showed that people who do not own a car were forced to rely on lifts from relatives and friends, obtain a taxi or hire-car at considerable expense, walk or cycle long distances, or restrict their journeys. In other cases people could obtain lifts on particular days and times and would adjust their shopping visits accordingly, but where transport was required in an emergency for important irregular needs, such as visits to doctors, dentists, or the collection of prescriptions, difficulties arose.

WRVS members found that many voluntary organisations and Good Neighbourhood Transport Schemes already existed, and many people were helping their neighbours when they could.

The Voluntary Social Car Service and a pool of drivers cover the county with an organisation of transport officers and area organisers to operate the scheme.

The service provides essential transport for all ages, elderly and handicapped people, the young expectant mother, the mother with young children, and people living in isolated places.

The County Council has an insurance policy which covers all drivers and indemnifies the WRVS from any claim. All drivers using their cars for the scheme must first make sure that their individual policy covers them for driving for the service, and an opportunity is given for the driver to join the "No Claims Bonus" scheme run by the WRVS for persons on WRVS work. No monies are accepted by the driver for any journey undertaken, but a re-imbusement toward the cost of petrol is available to all drivers who wish to claim. This re-imbusement is paid monthly from a grant from the County Council and cheques are sent to each driver from a WRVS Voluntary Social Car Service account with the local bank. A mileage rate per mile is paid to the driver, which alters according to the increase of the WRVS rate. All accounts are dealt with at county level by the County Organiser, and copies of monthly expenditure sent to the County Council.

During 1973, 1,980 passengers were carried over 37,511 miles and up to the boundary change in April this year, 716 people had already benefited from the scheme which covered over 12,245 miles.

The majority of requests are for medical purposes such as doctors' surgeries, prescriptions, visits to the optician, the dentist and ante-natal clinics. Taking people to visit their relatives in hospital is an important part of the service. Journeys have been arranged for shopping expeditions, visiting friends living within the area, conveying an elderly widow to put flowers on her husband's grave, a child taken to a special school when the usual transport was not available, and there is always the exception to the rule, when an elderly lady asked for aid in taking her aged dog to the Blue Cross for treatment.

over

Shortly after the service came into operation the Police contacted the Transport Officer in one area for assistance in taking the parents of a youth taken ill whilst watching the local football team playing at Coventry. A driver was found to accept this request, and travelled through the night to enable the parents to see their son who, sadly, died the following day.

It is seldom that a journey is undertaken outside the area of the scheme, but the service is often used as a bus and train feeder service to get people to bus stops and stations.

It is interesting that many of the drivers are retired businessmen, who have found they can be of service to their neighbours. They can claim a small remuneration toward the petrol expenses and at the same time occupy their free time in a useful cause. As the cost of maintaining a car on the road increases all the time, more and more drivers are claiming the mileage rate.

During the period covered by the introduction of this transport service, the numbers of passengers carried and the mileage covered has shown that in the rural areas in Lincolnshire the need for the scheme existed and communication between those in need of the service and those in a position to help has been accomplished by the network spread over the county by WRVS members and the general public co-operating in this worthwhile project.

POSTSCRIPT TO PRISON WELFARE — PAGE 15 SEPTEMBER ISSUE

THE EDITOR has been asked by the Prison Welfare Organiser for Dorset to correct a false impression given in an article written by a WRVS member called upon at short notice to transport a wife to visit her husband in Dorchester Prison. The item, which was a personal impression, reflected the member's interpretation of the wife's remarks concerning visiting arrangements, which were not correct. In fact:

Prisoners are issued with visiting orders once a month under all circumstances when they request them, and they themselves are responsible for sending visiting orders to their visitors in good time. Only when an emergency arises are visiting orders issued the day before visits.

Under normal circumstances visits last for half an hour as stated, but in practice it is open to any prisoner to request extra time on a visit, and this is always given sympathetic consideration; both Prison Staff and Welfare Officers co-operating with all concerned.

On arrival visitors enter a Portakabin where WRVS run a canteen and where there is opportunity for a wash and brush-up. When their names are called they go across the road to the Prison gate and are conducted by the Prison Officer to the visitors' room where their husbands or sons are waiting for them.



by courtesy of the Halifax Evening Courier

The Brownie Guides of Heywood Methodist Church, Northowram, Halifax raised £400 to help buy a new meals-on-wheels van.

HANDICAPPED RANGERS HELP WRVS TO MEND TOYS

FOLLOWING A TALK about WRVS given by the Local Organiser to the Physically Handicapped Ranger Guides of Bedfordshire, a Work-in was arranged for 11th August, 1974. The Organiser, a Guider for most of her adult life, emphasised to the Rangers what they could do to help the WRVS rather than the help that WRVS gives to other people. As service is the key-note for all members of the Guide movement, plans were made along these lines.

A Mend-a-Toy evening was arranged and Ranger Guides and Guides came from all over the county to help. Many were in wheelchairs, and Bedford WRVS were thankful for a large car park for unloading.

In a remarkably short time everyone was fixed up with a job with the Guiders and WRVS members giving, not so much a helping hand, as words of encouragement. Simple tasks such as sorting bricks, washing toys and cleaning up paint boxes proved useful ways of keeping the more severely handicapped girls busy. The Rangers with greatest muscular control tackled painting large toys, and some were nimble-fingered enough to paint mini-cars. From the noise and the merriment one would not have thought any of them had a care in the world and it was interesting to see how used they were to helping each other.

Two schoolgirls, who had offered their services to WRVS during their holidays, came in to serve sausage rolls, sandwiches and hot drinks half-way through the evening. Everyone seemed reluctant to go; and all the Rangers assured WRVS members that they had had a wonderful time helping.

WRVS RESCUE-A-RECIPE COMPETITION

PEOPLE HELPED BY WRVS THROUGH Meals-on-Wheels, Luncheon Clubs, Afternoon and All-Day Clubs for the Elderly, Clubs for the Disabled, Books-on-Wheels, WRVS Residential Clubs for the Elderly, Good Companions, Trolley Shops in Old People's Homes and Shopping and Visiting Schemes for the Elderly and Disabled were eligible to enter a competition to find recipes popular in the family or regional recipes handed down from generation to generation. WRVS members and helpers took copies of the entry forms to Club meetings or on home visits, then collected them for return to Headquarters.

The recipes which won the national prizes in the Main Course section of the Competition, together with a few of the very many excellent recipes sent in for this section, appear in this issue. Prizewinning recipes in other sections will appear in the Magazine in the coming months.

An interesting description of a meal was sent in by Mrs. Ellis, from East Peckham, Tonbridge, Kent who wrote:

This is a meal my mother made for my brothers and sisters when we came home from school. She had a fireplace which was called in those days a Duck Nest. You put two bricks each side and then iron bars across and there was an iron bar fixed to the chimney with a hook to hold a large boiler. She put a hock of bacon in it then a suet pudding in a clean white cloth and vegetables in what was called a string net which was made by her and all boiled together. The next night we had the rest of the liquid made into soup with split peas and all good things with it. I can taste it now, they were the hard days but we all enjoyed it.





WRVS
RESCUES SOME
RECIPES
 for
Main Course Dishes

PRIZEWINNING ENTRIES IN THE RESCUE-A-RECIPE COMPETITION

First Prize

Mrs. A. Frost, Fareham, Hants.
PORK & APPLE PIE

2 lbs. fresh belly pork
1 minced onion

1½ tablespoons flour
1½ teaspoons salt
½ teaspoon pepper

4 tart apples
water
potato pastry

Method—Cut pork into large dice and roll in mixed onion, flour, salt and pepper, Peel and core and thickly slice apples. Arrange meat and apples in alternate layers in shallow baking dish, add enough water to cover and simmer or bake till tender.

Potato pastry—*1½ lbs. mashed potatoes, little salt and pepper, ½ oz. butter, ½ an egg.* Mix all well. Flour the board, form pastry into a cake with a pyramid in the centre. Cover the pork and apple with the potato pastry. Brush pastry with the beaten half egg. Put in oven to brown.

Cooking instructions—No. 3 for cooking pork and apple. No. 6 to brown pastry. Time $1\frac{1}{2}$ hours and then $\frac{1}{2}$ hour. Serve with any vegetables of own choice. Serves 8.

Prize for Regional Dish

Mrs. Marjorie Harris, Moseley, Birmingham.
OLD DEVONSHIRE SQUAB PIE

½ lb. veal
½ lb. neck of mutton
½ lb. steak

1 teaspoon dried herbs
peel of lemon
pinch of nutmeg
salt and pepper

2 eggs
6 onions
6 potatoes
6 apples

Method—Cut the meat up into small pieces and sprinkle them with the herbs, grated lemon peel, nutmeg, pepper and salt. Add the eggs hard boiled and sliced and mix with the meat and the thinly sliced apples and onions. Grease a pie dish, put in the meat and vegetables, cover pie with sliced potatoes and greased paper and bake in moderate oven for 2 hours.

SOME OF THE MANY GOOD MAIN COURSE RECIPES

Mrs. A. E. Townsend, Old Bilton, Rugby.
BACON HOT-POT

8 ozs. of middle cut rashers $\frac{1}{2}$ stock
pepper 6 ozs. onions
3 button mushrooms $1\frac{1}{4}$ ozs. butter



Method—Cut rashers up finely, fry all together till a nice brown. Place all in a casserole dish with onions and potatoes spread on top. Brush with melted butter. Put in heated oven for twenty minutes.

Cooking instructions—350°/Mark 4

Time— $\frac{3}{4}$ hour plus 15-20 minutes for browning. Serves 3 or 4.

Mrs. L. Hodgson, Hull, E. Yorks.
SAUSAGE ROULADE

3 standard eggs
 $\frac{1}{2}$ lb. cooked new potatoes
1 oz. lard
1 lb. pork sausagemeat
plain flour

1 large onion
3 ozs. mature Cheddar cheese
 $\frac{1}{2}$ level teaspoon salt and pepper
Browned breadcrumbs
 $\frac{1}{4}$ level teaspoon mixed dried herbs

Method—Hard boil 2 eggs for 10 minutes; crack and leave to cool in cold water. Shell and dry on kitchen paper, then cut each egg into 4. Peel and chop onion. Melt lard in a medium-sized saucepan, add onion. Cover and cook over a low heat for 10 minutes, until onion is tender. Cut potatoes and cheese into $\frac{1}{4}$ inch dice, add to pan with salt, a shake of pepper and mixed dried herbs. Mix together well. Beat remaining egg in a basin, add half to pan, with hard boiled eggs, and mix gently. Sprinkle a large piece of foil with flour and roll out sausagemeat to an 8 inch square on the foil. Pile potatoes in a line down centre. Press sausagemeat over filling, join two opposite sides to enclose filling using foil to lift sausagemeat. Press filling into ends of roll, then wrap tightly in foil and place, join side down, in a tin. Cook in top of oven for 30 minutes. Remove from oven, unwrap and brush with remaining egg and sprinkle with browned breadcrumbs. Return to oven and cook for a further 30 minutes. Leave to cool in foil then remove foil; wrap in another piece of foil and keep chilled until needed. Serve thinly sliced with salad. Serves 6-8.

Cooking instructions—Gas 5 or 375° F. Time—1 hour.



E. M. M. Hurdle, Waterlooville, Hants.
HAMPSHIRE ROLYPOLY DINNER

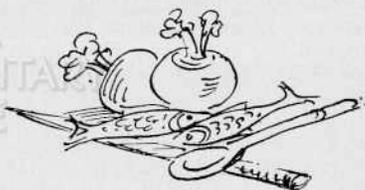
6 ozs. plain flour 2 lbs potatoes
2 ozs. lard 2 lbs. swedes
4 or 5 streaky rashers greens or cabbage
of bacon knob of butter
1 small onion
pinch of salt
pepper for flavouring

Method—Sieve flour and salt together and rub in lard until well mixed, add enough cold water until a firm textured pastry is obtained. Flour board and roll out to about $\frac{1}{4}$ inch thickness. Remove rinds from rashers of bacon and lay in neat rows across pastry. Slice onion thinly and cover the bacon, add pepper to taste and roll up into a firm roll. Put into a well floured cloth and securely fasten. Serve with mashed potatoes and mashed swedes and greens topped with butter.

Cooking instructions—simmer for $1\frac{1}{2}$ hours after boiling point has been reached. Serves 4.

Mrs. E. Luxford, Saltash, Cornwall.
TIDDY & TURNIP PIE—Cornish Dish

$\frac{1}{2}$ lb. stewing steak	Short pastry:
2 ozs. swede	8 ozs. plain flour
1 lb. potatoes	2 ozs. lard
2 ozs. chopped onion	2 ozs. margarine
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ gill water
	pinch of salt



Method—Cut meat into small pieces and stew gently in saucepan till tender. Add swede and potatoes finely diced; add $\frac{1}{2}$ teaspoon of salt, until vegetables are done, then brown the mixture with gravy browning. Place in pie dish and cover with short pastry and cook in oven (Gas Regulo No. 6, 400-450 electric oven) until pastry is golden brown. Serve with any green vegetable. Any of the mixture left over in saucepan can be added to plates when serving.
Cooking time—approximately $1\frac{1}{2}$ hours. Serves 2.

Mary Yeats, Ellon, Aberdeenshire, Scotland.
GOLDEN GRILLED FISH

4 pieces of cod or haddock (or 4 cod steaks)	2 ozs. butter
4 ozs. Cheddar cheese	1 level teaspoon dry mustard salt and pepper

Method—Wipe and trim fish: if steaks are used, remove bone. Grease an ovenproof dish and lay the fish in it: skin side up if fillets are used. Place the dish under a grill (medium) and cook gently for about 5 minutes. Grate the cheese using the large holes of the grater, beat the butter in a bowl until soft then mix in the cheese, mustard and seasoning. Turn the fish over, using a fish slice or palette knife, and grill for a further 3 minutes. Spread the fish with the cheese mixture and place under a really hot grill for a final 2-3 minutes until the topping is golden and bubbling. Serves 4.
Time required for cooking: 11 minutes.

Mrs. E. Frizzell, Berwickshire, Scotland.
QUEEN'S SOUP



3 pints stock from a boiled fowl and part of the meat
1 hard boiled egg
$\frac{1}{2}$ pint milk
1 teaspoon ground almonds
2 desertspoons cornflour

Method—Boil the bones with all sorts of flavouring vegetables and strain it. Remove all meat from bones and chop small. Put the yolk of an egg through a sieve, chop the white small. Add this to the meat and flour and mix with milk, add these to the stock when hot and stir all till boiling. Boil 3 minutes when corn flour is cooked, draw pan to side, add the chopped chicken and egg and let it stand for 3 or 4 minutes to heat the chicken but don't let it boil. Serve very hot.
Time for cooking—10 minutes. Serves 5.

Mrs. R. Allen, Hythe, Kent.
CHEESE & BACON OLIVES

8 ozs. streaky bacon rashers seasoning	1 hard boiled egg
4 ozs. grated cheese	2 ozs. of soft white breadcrumbs little milk

Method—Remove any pieces of bone from bacon. Combine beaten egg and bread-crumbs and cheese together and add sufficient milk to make a firm but moist consistency. Portion mixture and wrap a rasher of bacon round each. Pack tightly in greased tin, cover and bake in moderate oven for 1 hour. Serves 4–5.

Cooking instructions—oven temperature 4–5.

Time—40–45 minutes, remove lid for last 20–30 minutes.

M. Thompson, Edenbridge, Kent.

FFOWLIN CYMREIG—a Welsh Chicken Recipe

<i>chicken</i>	<i>1 oz. flour</i>	<i>pepper and salt to taste</i>
$\frac{1}{2}$ <i>lb. bacon</i>	<i>1 small cabbage</i>	<i>stock</i>
$\frac{1}{2}$ <i>lb. carrots</i>	<i>2 large leeks</i>	<i>dripping</i>
<i>1 oz. butter</i>	<i>bunch of mixed herbs</i>	

Method—Truss chicken for boiling. Cut bacon, leeks and carrots into dice. Put them into casserole with butter and fry for a few minutes. Stir in the flour until it thickens and browns. Place the chicken in the thickened sauce, wash and cut up a small cabbage and put into the casserole with the chicken. Add a bunch of herbs, leeks and sprinkle in pepper and salt. Add $\frac{1}{2}$ pint stock, put some small lumps of butter or dripping on the bird, cover and simmer for 2 or 3 hours. When serving make a bed of the cabbage on a dish and place the bird on it. Garnish with the carrots and pour the liquor over the cabbage. Serves 4.

Time required for cooking: simmer for 2 or 3 hours.

Mrs. Mabel Housman, Retford, Notts.

MEDLEY PIE

<i>1 lb. lean belly pork</i>	$\frac{1}{2}$ <i>lb. sliced cooking apples</i>	$\frac{1}{2}$ <i>teaspoon mustard</i>
$\frac{1}{2}$ <i>lb. sausage</i>	<i>1 teaspoon brown sugar</i>	$\frac{1}{2}$ <i>teaspoon chopped sage</i>
<i>1 finely chopped onion</i>	$\frac{1}{4}$ <i>teaspoon salt</i>	

Crust—6 ozs. flour, 2 $\frac{1}{2}$ ozs. fat, $\frac{1}{4}$ teaspoon salt, water to mix.

Method—Mix sugar, mustard, salt, pepper and sage together. Remove rind from meat and cut in cubes, skin sausage and cut in one inch lengths. Put first a layer of pork and sausage in pie dish, sprinkle with mixed seasonings. Repeat till used up, putting apple between half full dish with stock or water and meat extract. Roll out paste, not too thin. Cover and decorate.

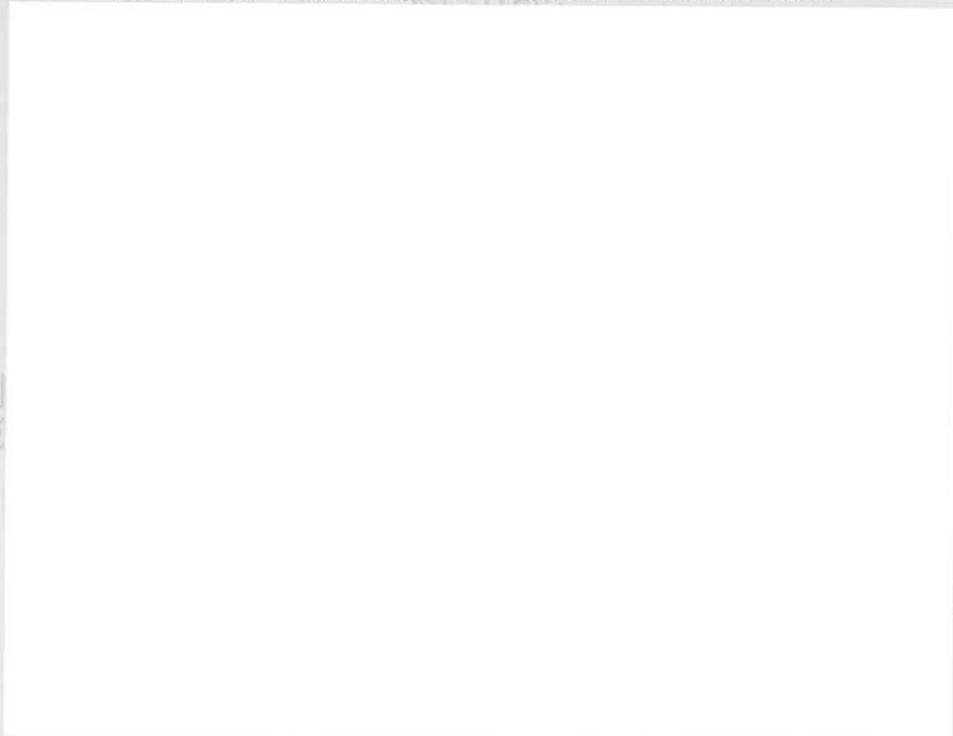
Bake 45 minutes—1 hour R.6, as paste begins to brown, and contents well boiling.

Cover with paper. Serves 3 or 4.



PULL OUT LEAFLET

RALLY FOR DISABLED CLUBS IN NORTH WESTERN REGION



by courtesy of Ken Keen, Ellesmere Port

Two-hundred-and-eighty-one members of clubs for disabled people enjoyed meeting each other at a Regional Rally.

SEVENTEEN CLUBS for the disabled from Lancashire and Cheshire assembled on 4th July for the first Regional Rally in the fine Civic Hall at Ellesmere Port. It was the first big rally attempted by the clubs in which WRVS help with activities, and the aim of the meeting was to encourage active participation in sports for the disabled. Ellesmere Port was chosen as the most accessible place to all clubs, via the M6 and the Chester Road, and the Civic Hall was able to accommodate the guests.

Tables for each club, with large printed signs denoting the name and place of the club were made by the WRVS and carefully arranged by the Manager of the hall, and care had been taken in the placing of wheelchairs in each group.

A team of Ellesmere Port WRVS, arrived early to act as stewards and help the Regional Organiser of the Rally. Members of the clubs began to arrive at 3 p.m. and WRVS helpers were waiting to assist them into the hall. There was a special entrance with a ramp for the wheelchairs and stewards helped people in the queue for the cloak-rooms. The special lavatories for wheelchair users were good, but it was unfortunate that the doors from the hall to the cloakrooms were too small to take the wheelchairs.

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Singing is one of the favourite pastimes of these clubs, and as members entered the hall they were greeted by the sound of an organ. The organist was a Macclesfield Borough Councillor who had paid for the hire of the organ and cancelled her attendance at an important committee meeting, so that she could play at the Rally. Stewards escorted guests to their tables and handed them each a raffle ticket. Private car drivers, and ambulance attendants who had brought the guests to the hall and the WRVS helpers from each club joined the members at the tables.

The stewards distributed and collected song request sheets to each table and many of the tunes were played; later the organist suggested that the guests should join in and sing. By the time the Mayor and Mayoress of Ellesmere Port arrived at 4.50 p.m., 354 people had assembled; 281 disabled people of whom 47 were in wheelchairs, together with social workers and WRVS helpers who had arranged all the local plans for the clubs' expedition.

The WRVS Regional Administrator introduced the Mayor, who welcomed the clubs and congratulated all those who were responsible for organising the event. The Mayor and Mayoress then spent some time going round tables and talking to the guests. They ended their tour in the kitchen, where the Mayor congratulated the Manager of the hall who had exchanged his dinner-jacket for an apron and was the most elegant chips chef ever seen, in a purple ruffle-fronted evening shirt.

The organist, appreciating how tiring too much noise can be, played softly throughout the meal, but very soon received messages to say how enjoyable the music was and would she play louder and, please, give the guests her autograph.

At 6.40 p.m. the film of the Olympic Sports for the Disabled, which were held in Israel, was presented by the Honorary Secretary of the Bristol Sports Association for the Disabled in the north-west; the Manager of the Birkenhead Sports Centre operated the projector. The speaker stressed that many sports are possible for disabled people and handed round leaflets to those who were interested. The film and commentary enthralled the audience. They saw very severely disabled people racing in wheelchairs, throwing the javelin and discus, swimming, competing in archery, lifting weights and participating in other sports. Everybody wanted leaflets and naturally many would like to join in the next Olympic Sports.

After *Auld Lang Syne* had been sung the guests were helped into cars, buses, and ambulances, and a great many people asked "Can we have another Rally like this next year?"

Do you know?

OF THE GARDEN CLUB, which is affiliated to the Gardens for the Disabled Trust?

Membership is open to anyone able to garden—from tending a bedside pot-plant to managing one of Britain's great gardens.

The subscription is 25p a year, or a group subscription costs £1. Full particulars can be obtained from Welfare for the Disabled Department, WRVS Headquarters, 17 Old Park Lane, London W1Y 4AJ.

EMU VISITS WRVS EXHIBITION



When Emu, accompanied by Mr. Rod Hull, inspected the WRVS information stand at Cranbrook Carnival in Kent the entertainment drew a large crowd.

THE TUNBRIDGE WELLS DISTRICT WRVS members mounted an information stand at the Cranbrook Carnival and Tattoo. The Goudhurst Scouts loaned a ridge tent so that there would be somewhere to put the exhibition if the weather was inclement. This summer Saturday, 1974, however, was a perfect day and the tent was used as a rest area for helpers and the stands were put out in the open.

The District Organiser writes:

South-eastern Region kindly supplied us with an estate car, trestle tables, posters, boards, emergency tabards and emergency equipment. Other materials such as a folding screen, card table, posts, bamboo canes and lots of string—and much improvisation—were provided by members.

The stand was manned throughout the day by the District Organiser, Emergency Service Organiser and members from villages in the Cranbrook area.

The display itself consisted of Hotlocks, insulated containers and a trench cooker. Emergency clothing, ready processed and bundled, was on display; also an impressive collection of garments and blankets re-made from second-hand clothing by the Sandhurst working party. This exhibit was much admired by the general public, who were interested in the WRVS exhibit.

The stand was visited by the guests of honour at the Carnival—Mr. Rod Hull and his Emu. The Hotlocks were “inspected” by Emu for food, and the entertainment drew a large crowd. Mr. Hull’s wife was very interested in our work and has volunteered to give a few hours each week.

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The amount of work involved in setting up the exhibition was well worth while as the outcome was the enrolment of several new members, including one man, and offers of holidays for children. A number of serious enquiries were also made.

The Tunbridge Wells District have been invited to put up a similar information centre at other shows and hospital fetes, and it is hoped that a permanent exhibition can be organised. If a suitable frame tent could be made available from Regional Headquarters for occasions of this kind, an even more impressive show could be staged; one which would give an impression of efficiency as well as ingenuity.



by courtesy of R. Kipps, Horsham, Sussex

The WRVS van in Horsham's carnival procession carried boards borrowed from the Display Department at Headquarters; the photograph was accompanied in the newspaper by an article on general WRVS work.

FIRST PRIZE TO EPSOM – SURREY

IT WAS WITH PLEASURE and some trepidation that Epsom WRVS accepted an invitation from the local Youth Officer to take part in the fourth annual Town Carnival last summer. The theme of the procession was Nursery Rhymes and Fairy Tales, so the first problem was to link this theme with WRVS activities.

It was decided that the easiest and cheapest way would be to use posters to provide gaiety and colour. One member is an artist and, with her invaluable help, they were able to produce eight picture posters and the same number with written slogans. *Baa-Baa Black Sheep* was the obvious rhyme for the Knitting Wool appeal, *Polly Put*

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the Kettle On linked well with Tea Bars in hospitals, while the *Three Little Pigs* with homes in ruins, needed "Help in Emergencies—Disaster can strike anywhere".

Fifteen members agreed to take part in the procession although at first they were rather daunted by the thought of a four-mile walk. A van which was borrowed from WRVS County Headquarters was decorated with evergreens, more posters and a paper streamer with the WRVS slogan chosen for the day, "Help, and have fun, with WRVS". The van provided moral support for those who felt that their spirit might be willing but their feet prove weak. In the event no-one needed to ask for a lift as everyone was too busy waving to the onlookers to think about the distance covered.

A few members donned fancy dress—there was a splendid Queen of Hearts—but the majority were in uniform and all carried posters, walking in their appropriate pairs on either side of the van. The van was preceded by a hospital trolley, decorated with balloons, from the District Hospital which was pushed by two members of the hospital team.

As Epsom only entered the Carnival to obtain publicity and to stimulate local interest in WRVS activities, they were astonished and delighted to learn they had won First Prize for the Best Adult Entry and received the silver cup and red rosette from the Mayor of Epsom and Ewell with great pride.

FIRST PRIZE TO LUDLOW – SHROPSHIRE

LUDLOW held a street Carnival and the WRVS were asked to take part and decorate a float showing some of the Service's work.

It was decided that half the float should show the Old People's Welfare Day Centre, which is mostly staffed by WRVS members, and the other half, Emergency Training. The Emergency Training team, from the small village of Diddlebury, set up one end of the float. This consisted of a replica of a burnt out cottage, window falling out, door off hinges, half-burned charred timbers, flapping burnt-out curtains, broken slates off the roof and odd damaged household goods lying around. Two members acting as victims of the fire; had their faces blackened, and wore clothes with holes burned in them. The other members, wearing the WRVS Emergency scarlet tabards, built a trench cooker, with red paper and a torch making a realistic fire. First Aid equipment, blankets, clothing, kettle, pans and an insulated tea urn were on show.

The Old People's Welfare Day Centre was represented by a counter with a Colour Television set, a recent gift to the Centre, behind it, two pensioners sat in small arm-chairs and were served with tea and cakes by WRVS members and notices showing where to locate the Day Centre, were displayed to the crowd.

The float was expertly decorated by members and their husbands, with shrubs and flowers in green and red.

The WRVS Meals-on-Wheels van, which followed the float, was also decorated in green and red, with cut-outs of steak and kidney, roast lamb, peas and potatoes pasted on paper plates. As a humorous touch, a row of kitchen utensils and a long string of sausages trailed from the back of the van.

The Carnival was a great success and it is estimated that 10,000 people saw the show.

WRVS were awarded the first prize of £12—for an original representation combining realism and humour and the prize money was given to the Day Centre.

WRVS Long Service Medals

Awarded during September 1974

London Region

*Channing, Mrs. F. H.
Chapman, Mrs. A. R.
Hackett, Miss M. B.
Miller, Mrs. A. M.*

Region 1

*Craigs, Mrs. M. R. C.
Tonkinson, Mrs. N.*

Region 2

Moughton, Mrs. R.

Region 3

Milne, Mrs. E. A.

Region 4

*Carmichael, Mrs. K.
Edgeley, Mrs. M.
Horne, Mrs. D. M.
Kinsman, Mrs. W. M. N.
Lee, Mrs. M. G.
Sabey, Mrs. I.
Williams, Mrs. G. M.*

Region 5

Barnett, Mrs. M. M.

Region 7

Wilkes, Mrs. R. C.

Wales

Timothy, Mrs. F. M.

Region 9

*Barcroft, Mrs. B.
Davies, Mrs. G. M.
Dundas, Mrs. D.
Edwards, Mrs. G. M.
Hall, Mrs. M. E.
Loder, Mrs. W.
Meir, Mrs. G. M.
Phillips, Mrs. E. E.
Price, Mrs. E.
Rhead, Mrs. A.
Sale, Mrs. M.
Shore, Mrs. E.*

Region 10

*Apter, Mrs. A.
Beale, Mrs. J. B.
Beasley, Mrs. W.
Bennett, Mrs. E. R.
Bird, Mrs. D.
Brooks, Mrs. M.*

*Brown, Mrs. M. R.
Duckworth, Mrs. H. I.
Gill, Mrs. M. D.
Holt, Mrs. A. L.
Lilley, Mrs. L.
Minns, Mrs. A. F.
Rowles, Mrs. J. E.
Royle, Mrs. E. A.
Schirman, Mrs. E. R.
Schofield, Mrs. M. D.
Slater, Mrs. E. H.
Smith, Mrs. J.
Taylor, Mrs. M.
Warner, Mrs. R.
Worth, Mrs. S. M. S.
Yarwood, Mrs. A.*

Scotland

*Campbell, Mrs. C. M.
Clark, Mrs. M.
Cook, Mrs. J.
Mackenzie, Mrs. J.
McLaren, Mrs. C.
Miller, Mrs. G. F.
Panton, Mrs. F. C.
Williamson, Mrs. D. M.*

WRVS Long Service Medal Clasps

Awarded during September 1974

London Region

*Lucy, Mrs. H. I.
Meredith, Mrs. R. H.*

Region 3

Butler, Mrs. S. E.

Region 4

Burgess, Mrs. M. E.

Region 5

Trevett, Mrs. V. G.

Region 10

Taylor, Mrs. G. M.

Scotland

Gordon, Mrs. M. S.

LETTERS TO THE EDITOR

A Dorset WRVS member writes:

AS THE 36TH ANNIVERSARY of the formation of WVS approaches some wonder if it is not an appropriate occasion to consider the case for an award of a second bar to the Long Service Medal.

For those who joined in the first years of the service and bore the heat and burden of the war years, it is a natural consequence that 35 years of 42 duties per year is bringing them to the age group of people who are encouraged to retire and from health reasons may not be able to continue much longer doing physical work.

Fifteen years was the first qualification plus twelve years for the first bar making twenty-seven years as from 1940–1967. A further seven years to 1974 makes thirty-five years; and a few may have served longer joining prior to 1940.

Might not our Founder Chairman's birthday be a suitable occasion to decide on this?

THE CHAIRMAN writes:

THE LONG AND DEDICATED service of so many of our members is truly magnificent. thirty-five years service would seem to warrant a further Clasp, and plans are already in a preliminary stage for marking our 40th anniversary.

Many thanks to Dorset for a good idea.

A WRVS member from a London Borough writes:

THE WINGFIELD TRUST Music Club held its twenty-first Birthday Concert at the Royal Festival Hall on 16th June and I had the pleasure of attending it; what an occasion it was.

With the Orchestra and Choir there must have been over 100 performers on stage, from seven years of age upwards to maturity, all disabled in some way even to the point of immobility.

— They had such fun in performing and joy in entertaining us, and you can imagine how the audience rose to them. I was thrilled to find we had a packed hall, and I hope the collecting boxes were filled, for entrance cost us not even one old penny.

A District Clothing Organiser in Surrey writes:

I HAD OFTEN WONDERED just how I would cope if I had an emergency thrust upon me—well, I got my chance I suppose, with the arrival of sixteen Chileans in Camberley.

On the Tuesday morning the District Organiser, Emergency Organiser and myself set off for Kilmore House, the Ocken-den Venture Home where they were being housed, somewhat like the Three Musketeers, armed with tape measure, pad and pencil, phrase book and complete with six polythene bags of baby clothes.

There were eight men, six women, one 18-day-old baby and a 2-year-old boy, and only one member of the party, James, could speak English.

They all needed a complete set of clothes and we had a hilarious hour whilst our Emergency Organiser, who has had previous experience as a Sister in a large London hospital, took over the measuring. Her command of "stand up straight please", with appropriate actions had to be seen to be believed. After some time spent in our Clothing Store, and with help from the Clothing Stores at Dorking, we were able to complete our orders. Our worst problem was to find a man's suit for a 34 inch chest. We returned the following day with parcels separately named for each person, plus three extra sacks with miscellaneous clothing which I felt would be useful. The men asked for Parkas and Anoraks—but I am afraid they had to put up with plastic macs.

We had, I think, satisfied all our customers—at least I hope so.

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Tracey Lawrence, aged 11 years, writes:

ON SATURDAY, 20th July, I set out on my holidays with my Daddy on a lovely 42-foot yacht with some friends. There were four adults and three children. About 11 o'clock at night the two boys and I went to bed in our bunks, leaving Daddy and Victor on watch with two grown-up boys.

At 1 a.m. Victor started up the engine as the wind had dropped. Immediately there was an explosion and the engine blew up. Daddy and Victor quickly got the fire extinguishers but the fire was too big and they could not put it out. I woke up and smoke was filling the cabin. As soon as we got out of the cabin, we saw that Martin was getting the life-raft out. The fire was now very big.

Daddy quickly threw the three of us into the life-raft and then the grown-ups got in. We cast off in the life-raft and three minutes later the yacht blew up, it was a tremendous explosion. We let off our flares and rockets, and after about two hours we were seen by the boat *Gumboots*, the leading boat in the World Cup One-Ton Yacht Race, which had started out from Torquay that afternoon.

They managed to pick us up and wrapped us all up in their sails because we were very wet, and made us hot drinks. They were very kind. They set off with us for Torquay and we got there about 11 o'clock on Sunday morning. We were very wet and tired and cold as we had only got our pyjamas on. They took us to the yacht club and gave us lunch, and then they contacted the WRVS who offered to give us some clothes. We were taken along to the WRVS Clothing Store and a very kind lady fitted us out with some dry clothes. We were very grateful. I told the lady that Mummy works in the WRVS Regional Office at Tunbridge Wells and she was very pleased to be helping us. We stayed down at Polruan that week and managed to have a nice holiday in spite of our adventure.

BOOK REVIEWS

THE FAMILY BOOK OF CRAFT, by the Editors of the Oak Tree Press, Ward Lock, price £6.50.

A NEW COMPENDIUM of 576 pages compiled from the work of many experts as a help to people wishing to create original, personal and individual objects of artistic merit. The beginner is given the basic techniques of various crafts like leather work, off-loom weaving, batik, macrame and candle making amongst more than 50 others. Once techniques are learned, imagination and ingenuity can inspire new designs and help to create original work. The book is meant for every member of the family and for people of all ages, and is full of interesting ideas and suggestions. Elderly people will find the large clear type easy to read.

There are clear instructions, 1,000 diagrams, 743 photographs of which 85

are in colour. There is a list of suppliers at the end of the book, a bibliography and an index.

LITTLE CRAFT BOOK SERIES, The Oak Tree Press, Ward Lock Ltd., all priced at £1.20.

HORSESHOE-NAIL CRAFTING by Hans Carlboom.

THE HORSESHOE NAIL is lighter and softer in texture than an ordinary nail and can be easily used in craft work, although this has only recently been discovered. Pendants, rings, decorations, candlesticks, and mirror frames are some of the fascinating things that can be made with these malleable nails. There are fifty-one illustrations, a list of suppliers selling the necessary equipment and an index.

SCULPTURING WITH WAX by Maria and Louis Di Valentin.

SINCE ANCIENT TIMES wax has been used in many valuable and diverse ways; it was used as a cosmetic in Egypt in ancient times and is still used by the beauty industry. Wax can be preserved without warping, peeling, flaking or chipping, and it can be carved. The De Valentins are the authors of a text book *Sculpture for Beginners*. They explain the use of calipers and other simple modelling tools and how to make and use an armature, the internal support for a wax sculpture. There are very detailed instructions and illustrations. Mr. Di Valentin who is well known as an artist and sculptor, has included photographs of many examples of his own wax work. There are 90 illustrations and an index in this very interesting book.

COSTUMES FROM CREPE PAPER by Marie-Blanche Pointillart.

THIS BOOK shows 10 costumes in full colour photographs, amongst them the many layered, colourful dress of a Bolivian girl, that of a princess in mediaeval times, and the costume and head-dress of an Indian, and gives patterns and instructions for creating them. A fascinating pastime for children, and most important of all, crepe paper is flameproof, and no sewing is needed to make these colourful costumes. There is an index.

CORN-HUSKS CRAFTS by Margery Facklam and Patricia Phibbs.

TOUGH CORN HUSKS from corn on the cob, make the baskets, mats, slippers, animals, dolls, lovely flowers, bird sculpture and other objects that are illustrated in this book. The authors teach at the Buffalo (New York) Museum of Science and show what can be done with these husks which can be bleached, painted, cut, glued, curled, knotted, fringed and re-used, as the Indians of the American continents use them in their own craft work. There are pages of illustrations, many coloured, and an index.

PUT A LITTLE BEEF INTO YOUR DIET.

A leaflet produced by Bovril. Copies are available on request from The Bovril Bureau, 17 Golden Square, London W1R 4HS.

THE leaflet offers nourishing recipes, particularly suitable for elderly people and the quantities given for each recipe are sufficient for two people. There is also a page of suggestions for an invalid diet and the leaflet gives some useful kitchen hints.

A DIFFERENT KIND OF CLUB

SOME YEARS AGO the WRVS County Borough Organiser in Bath, Somerset, found that many retired people in the City seemed to be lonely, and conversations with them suggested that in many cases they had retired to Bath because it is a centre for the arts, and their interests lay in this direction. They had, however, reached a time of life when changing and adapting to life in a new town was not easy, they were not in a position to join clubs or societies involving much financial outlay and many were diffident in pursuing new contacts.

After some negotiation with the Director of Education and the Principal of the Technical College, the Overseas Club room in the College was generously put at the disposal of the WRVS for one afternoon fortnightly. The room was comfortably furnished with armchairs and tables and very gaily decorated with colourful posters, and the students' own art work. A welcome bonus was the bar-kitchen with ample facilities for the preparation and serving of refreshments.

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Meetings of the Emeritus Club are held in the Students' Common room in the City of Bath Technical College.

When arrangements for a meeting place had been finalised, doctors, clergymen, solicitors and bank managers were approached with outline plans for a club for retired people interested in the Arts, the theatre, paintings, and books on history. Everyone was asked to mention the Club to anyone who might be interested and details were also sent to the local newspapers.

The WRVS Organiser and two WRVS members, with several members of the community who helped with the delivery of meals-on-wheels and were interested in the project, set about forming a small sub-committee to work out a programme: details of the programme, the date, and time of meeting were then publicised as widely as possible.

Following this local publicity, forty people attended the initial meeting and decided to form the Emeritus Club. They were enrolled as members and asked to elect five members to join the existing WRVS sub-committee and form the first Club committee. The Club was to meet once a fortnight, and members of the Committee were to provide a home made tea, the cost to be met from a small annual subscription paid by Club members.

The Club, which was self-supporting from the beginning and has gone from strength to strength, was officially opened by the Regional Administrator in March, 1965 and many founder members are now well into their seventies and still enjoying all the Club has to offer.

A trip to Stourhead, a local stately home, a visit to a play at Bristol Old Vic, a talk on the administration of the Education Services, a tour of the College of Agriculture and a talk by the Vice Chancellor of Bath University on the establishment of a new

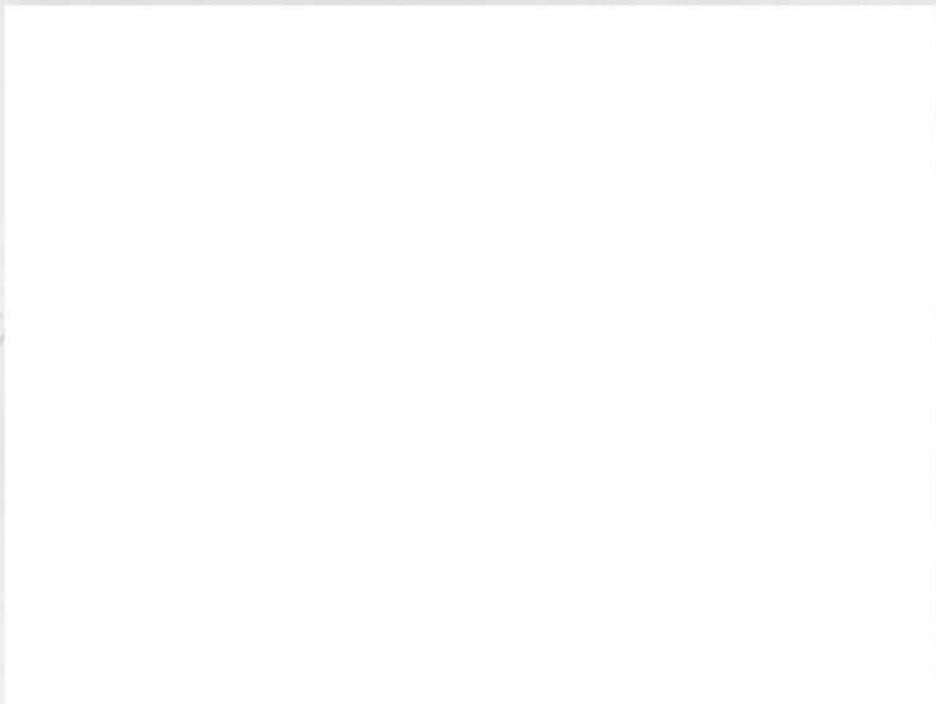
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University were some of the items on the early programmes. As the Club became established, the membership rose to over eighty and over the years a wide variety of interests have been pursued by Club members including package outings and holidays at home and abroad to places of special interest.

Most meetings follow a pattern set by the members and the Club Committee meets in the WRVS office. Often a speaker is invited for the first part of the afternoon and this usually leads to animated discussion over the tea cups. The subjects range from Medicine to Geography, Bee-Keeping to Art, but no matter what the subject, Emeritus members will be ready to pick up points for discussion. During the summer months outings are arranged as there are many historic buildings, beautiful gardens, museums and interesting factories, all within a short travelling distance of the City.

Three annual events have become traditional during the life of the Club ; the Garden Party held at the lovely home of one of the WRVS committee members, the Anniversary dinner prepared and served by the students of the College, and a visit to the Lackham School of Agriculture. All members look forward to these events which will surely go on for as long as the Club exists. It is particularly heartening to know that although, the students change from year to year, the relationship continues to flourish.

NATIONAL SAVINGS COLLECTIONS IN SCOTLAND



by courtesy of the National Savings Bulletin

The busy WRVS National Savings Group in Strathaven, Lanarkshire, also works in three local schools.

Presents for Christmas 1974

- WRVS CHRISTMAS CARDS** With badge die-stamped in red and silver on white card (5½" × 3½") 37p for 10, £1.73 for 50, £3.30 for 100, including envelopes and postage.
- WRVS CALENDAR for 1975** With 12 photographs of WRVS activities 45p for 1, £2.17 for 5, £4.23 for 100 including postage and envelopes.
- WRVS POCKET DIARY** Green cover with badge 33½p for 1, £1.61 for 5, £3.22 for 10, including postage.
- WRVS DESK DIARY** Green cover with badge (8½" × 6") 51p for 1, £2.30 for 5, £4.36 for 10, including postage.
- Order with cheque or postal order to: Departmental Services Department, WRVS Headquarters, 17 Old Park Lane, London W1Y 4AJ.

FROM UNIFORM DEPARTMENT	Men's Ties in Maroon or WRVS Green ..	£0.99
	New Striped Scarf	£1.71
	Car Badge	£1.26
	Key Ring	£0.35
	Hand Bag—New Design (10" × 9") ..	£3.32
	Brief Case (2 Handles)	£3.67
	Document Case	£2.56

Order with cheque or postal order to: UNIFORM DEPARTMENT, WRVS Headquarters, 17 Old Park Lane, London, W1Y 4AJ.

WRVS MAGAZINE Give a year's subscription to your friends & contacts. Send their names and addresses and your name and address with 50p (70p overseas) for each subscription and each first copy will be sent with a greeting card from you.

Cheque or postal order to: WRVS MAGAZINE SUBSCRIPTION DEPARTMENT
WRVS Headquarters, 17 Old Park Lane, London W1Y 4AJ.

CLASSIFIED ADVERTISEMENTS

Rates £1.20 minimum of 3 lines, thereafter 40p per line.

Accommodation



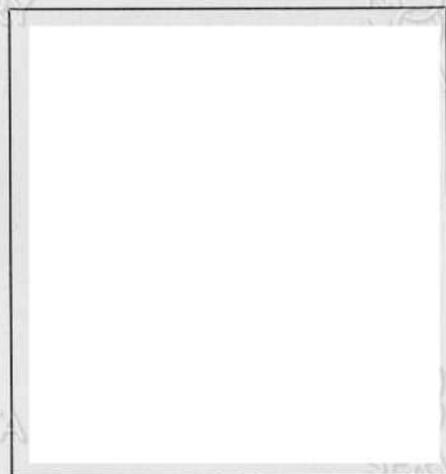
Miscellaneous



WRVS MAGAZINE

50p annually 70p annually overseas
from

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WRVS Headquarters 17 Old Park Lane
London W1Y 4AJ



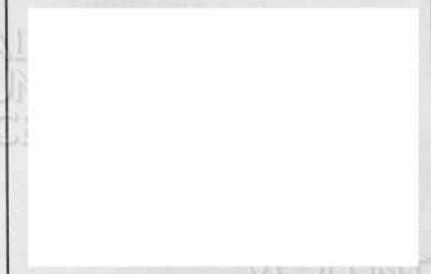
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*Up to 15 additional words for 20p
Charge for use of a Box Number 10p*

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17 Old Park Lane, London W1Y
4AJ.

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weeks prior to date of publication
which is the first week of each
month.



CHILDREN'S RIDING HATS WANTED SERVICES WELFARE DEPARTMENT HQ.,

For GURKHA CHILDREN. They
are not allowed to learn unless
equipped with hat.

A16 mm. colour film showing many aspects of work of the Women's Royal Voluntary Service. It was made by Cygnet Films Ltd., commentary by Kenneth Wolstenholme.

PAIRS OF HANDS

Running time — approximately 20 minutes. Available through local WRVS Offices who book it from Regional Offices, Scottish Headquarters or Wales Office. A WRVS member will accompany the film.

WRVS FILMS

A 16 mm. colour film showing the work undertaken by the Women's Royal Voluntary Service in Hospitals. It was made by Town and Country Productions Ltd. with commentary by Robert Dougall.

HOSPITAL VOLUNTARY

Running time—approximately 20 minutes. Available through local WRVS Centres who book it from Regional Offices, Scottish Headquarters or Wales Office. A WRVS member will accompany the film.

Issued by Women's Royal Voluntary Service 17 Old Park Lane W1Y 4AJ

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