



J♦S
JOURNAL

Vol. I

December 1946

No. I



The Sainsbury House Magazine

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By Way of Introduction

WE are pleased to be able to offer for your approval the first number of The J. S. JOURNAL the SAINSBURY HOUSE MAGAZINE.

By way of introduction we should like to set forth some of the aims and objectives at which we are striving. Firstly, we are endeavouring to produce a common link between the Blackfriars and Branch folk—which we hope will assist in the mutual understanding of each others' problems — of the other chap's point of view—if we do nothing more we shan't be doing too badly. Secondly, we hope to publicise the activities of the Staff Association and its various functions, and by so doing, lend a hand in its continued success. Thirdly, to provide intelligent and entertaining reading which we will do our very best to make of general interest to everybody.

Copy No. 1 is rather in the nature of an "austerity" edition. We hope, as restrictions relax, to be able to improve both quality and quantity and are aiming at a monthly edition eventually, although in the

early stages we shall probably satisfy ourselves with a publication every other month.

The Directors have decided that the whole cost will be borne by the Firm and all copies will, therefore, be free, although as already inferred, in the early stages at least, there will not, unfortunately, be a copy for everybody.

Finally, we point out that the continued existence and prosperity of this magazine will depend on *your* support. We shall *expect* your criticisms, views, and suggestions. Articles, or suggestions for articles, photographs, comments, and in fact anything which you think may be of interest, will be most welcome. We hope, also, to be able to publish a limited amount of correspondence.

Bearing all this in mind we hope you will enjoy COPY NO. 1—we look forward to your comments.

As the publication of this first number so nearly coincides with Christmas may we wish all readers the compliments of the Season.

A Message from Mr. John

Stamford House,
Blackfriars,

London. S.E.1 December, 1946.

To all members of the Staff:

I understand that in future issues of the "J.S. Journal" this space will normally be occupied by the General Managers, who hope to be able to discuss and explain matters of policy which are likely to be of interest to the staff as a whole. In the first issue, however, I felt that I would like to take the opportunity both of welcoming this new enterprise and of sending a message to you all. It is, I think, a happy coincidence that the production of the "J.S. Journal" should follow so closely upon the creation of the Staff Association. I hope that together they may be taken as heralding the advent of a wider social life amongst the Sainsbury community, and so forging stronger links of friendship between those whose work keeps them apart at different branches, or in different parts of the Depot.

It will be 62 years next month since I first joined my father in the business. You will all understand that it is no longer possible for me to maintain the same contact with you as in former days, although my interest in the business and in the individual success and happiness of each one of you remains undiminished.

The recent dance at the Lyceum was an especially happy occasion for me, in that it enabled me to meet such a number of my old friends; I am afraid that there were many more that I would like to have had a word with, had time and the crowd permitted, and to those I now send my best regards.

I have been particularly interested to hear of the progress made by the younger men, and of the way those returning from National Service have taken up afresh their interrupted careers. The majority of the thousands who temporarily left the Firm to undertake National Service have now returned, and to each one I extend a very hearty welcome, with my personal good wishes for their future.

A Happy Christmas and a successful New Year to you all!

J. Sainsbury

Science

and You

by Dr. J. PACE, B.Sc., Ph.D.

THE Editor has invited me to write a series of notes on Scientific Topics for the JOURNAL. In this first note I shall confine myself to a few introductory remarks and make one or two suggestions.

A series of this kind can bemade much more interesting if readers themselves make suggestions and if they freely criticise and comment on the material we provide. In that way we can be more certain of discussing questions which are of general interest to readers, and of avoiding topics which have only a narrow appeal. I should therefore welcome comments from readers.

There seems little doubt that there is a growing interest in scientific matters among the general public. This may spring from an active healthy curiosity about the way we live, how things are done, how certain technical problems are solved; or it may arise from the feelings of apprehension and bewilderment which we may experience in this period of rapid change in customs and techniques. For better or worse we are fated to live in a highly scientific age, and fundamentally this is why more people are becoming interested in the role of the scientist and in the effect of his discoveries on our daily lives.

Some people are inclined to pin the responsibility for all our woes on

the scientist. To them he is a monster who has begotten the Atomic Bomb. On the other hand to the critically ill he may be the saviour who produced penicillin and the sulphonamide drugs. Whatever views we hold as to the desirability of the scientist, whether he should be liquidated or whether he is worthy of a Peerage, it is certain that his work and, equally important, the way that work is applied or not applied, is going to affect our lives and those of our children. We may, therefore, think it well worth while to know something of scientific developments and their impact on everyday lives.

That is the general theme I should like to develop in this series. As to which particular aspects of it we choose I should like, as I have said, to be guided by the opinion of readers. For example, we are all presumably much interested in Food, and we could have a number of articles on some of the many branches of this subject. We could deal with the general principles underlying the science of nutrition

Dr. Pace is Scientific Adviser to J.S. He has done research work in the U.S.A. and at Cambridge. During the war he worked with Sir Jack Drummond in the Scientific Advisers Division of the Ministry of Food.

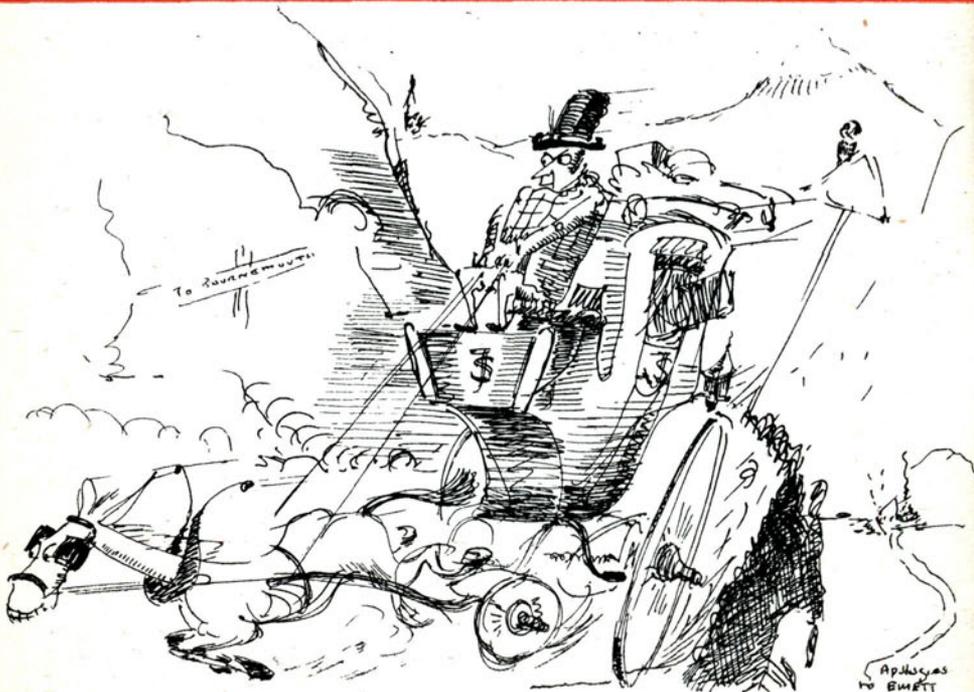
and tackle such questions as the relative merits of brown and white bread; why children need more milk than grown-ups; examine the case for the pasteurisation of milk; look into why the week-end joint is sometimes tough and sometimes tender; see what is known about the best storage conditions for different types of foodstuffs; study the principles which underly various methods of preserving foods, and so forth.

But we don't wish to restrict the articles to the topic of food. Some readers might like to have an occasional article on a much more general theme. Those with children, for example, might like to know about preparation and training for a scientific course—how long it takes, what it costs, etc. Others may be interested in the historical or social aspects of science. Thus we could consider how various developments

come about which, like the steam engine, electricity, canning, have profoundly affected our way of living. In this way we should observe how a certain level of technique is necessary before particular developments can occur, and how in turn the needs of a given age can stimulate scientific evolution.

It is perhaps worth noting that from its utilitarian value, a knowledge of science can add considerable interest to our lives. Gardening has an additional attraction if we know something about plant breeding and soil science. Even the weather becomes a more fascinating topic if we have knowledge of how it brews up!

Finally if any reader would like to study in greater detail any scientific question which we deal with in these notes, we shall be glad to recommend suitable books on the subject.



POPULAR MISCONCEPTIONS — THE TRANSPORT DEPT. IN ACTION

Hubby does the Shopping

by HELENA ROBERTS



I HAD had a beastly cold for days; the Fuel Controller had asked that we should exercise care in the use of fuel, and although I looked longingly at the few shining lumps in the coal bunker, I did not feel justified in taking the risk of curing my cold now, when I might need that extra knob for curing an attack of pneumonia later on. George sat opposite me at the table, having drawn the cosiest armchair up to it at such an angle that no one could possibly pass. He was sucking the end of his pencil, turning over pages of various newspapers and entering mysterious markings on a sheet of ruled paper and giving me reproachful glances every time I sniffed or tried to suppress a cough that threatened to strangle me at any moment. "Are you doing anything important, dear," I ventured at last. "Important!" exclaimed George in a voice both reproachful and hurt. "Of course I am. It's my Littlewoods coupon." "Oh," I said sadly, "I was going to ask if you would call at the Grocers and get my shopping." George looked up with mild interest, "Are you ill or anything?" "Well, my cold seems to be getting worse and I hardly think it would be wise for me to stand in queues," I wheedled, "it would be *such* a help." George sighed resignedly and said "O.K. Give me the money; the postal order for last week's pool has just about cleared me out."

I handed over a £1 note and George gathered all his papers together, stuffed them into various pockets, picked up the £1 note and put it into his wallet, and, not even stopping to put on an overcoat and hat, prepared to go out. I heard him at the front door and called out frantically, "Don't forget the ration books, dear—and you must take some newspapers in case you see some fish."

George returned to the sitting-room. "Ration books? Good heavens, what do I have to do with those?" I replied, "I have written a list, it's with the books—all you have to do is to hand the books to the assistants. They will mark the coupons and take out those which have to be cut out and"—this was an afterthought—"you could use some of those newspapers you have in your pockets for wrapping fish, etc., in." I thought George was going to have an apoplectic fit. "Do you realise," he said sternly, "that those newspapers are the only guide I have to winning a fortune and that one day we shall have a maid to do all this shopping, yet you quite casually suggest I should use my precious newspapers for wrapping fish." I could think of no suitable reply as the thought of a fortune being thrown away owing to my carelessness was just beyond me.

Once more George sallied forth. I made myself a cup of tea and really gave way to the weariness I felt and sat in the armchair, lately vacated by George, and the cat decided to sit on the hard kitchen chair that had been my portion.

I must have dozed, for some time later I was awakened by George who was shaking me and saying, "Well, I never, here you are asleep and I am frozen to the marrow standing in queues and worn out asking for everything that appears to have disappeared from the shops in 1939."

"Have you got everything I wanted?" I asked sleepily. "Got everything! I thought I would call in at the Post Office and complete my football coupon and post it while I was out. When I got to Pearksburys I handed the envelope containing the ration books to the assistant. She said 'Is this a diplomat's card, sir? You *have* been to a lot of places.' I said, 'No, it isn't and I can't see how it matters to you where I have or have not been.' She then replied, 'I'll have to ask the Manager to telephone our Head Office because I do not know the rations on this card.' She walked off and soon returned with the Manager, who with a grin on his face said, 'I'm sorry, sir, but haven't you made a mistake,' and handed the envelope back to me. To my surprise it was my football coupon and I can only think I must have posted the ration books. If only I hadn't had to do this beastly shopping I might have won £10,000 at least. I had it all worked out and was using a wonderful system a chap in the office had told me about; it couldn't fail." "And what about the rations?" I asked ominously.

George looked glum for a moment, then brightened considerably and said, "What a good thing I can still send the coupon off. When I win this fortune, and it's as good as in your pocket, my girl, we can go to a hotel and shan't need to worry about ration books." It was no use trying to explain that even then we should want ration books, so I just sighed audibly and decided to 'phone mother.

George did not win a fortune that week—he says it's because I confused him, trying to make him understand all about bits of paper in a stupid book. Perhaps when I understand football pools he will begin to understand my household problems. In any case, I know there was *one home*, but *two ways* that week-end.



THE STAFF ASSOCIATION

A Growl from the Griffin

Very soon after the commencement of hostilities it was realised that, with the departure of large numbers of members to the fighting services, it was going to be impossible to carry on the Club, and accordingly the ground at Dulwich was put on a care and maintenance basis for the duration of the war. During the war our lease expired, but the Directors had sufficient confidence in the future to negotiate a new lease for 42 years to include the adjacent Royston Hard Courts and the Scouts ground.

The closing of the Club was a hard blow for the older men left behind, many of whom had given years of voluntary service in building up what was undoubtedly one of the finest business house sports organisations in the country. They were proud, and rightly so, of the "Griffin," and the good name it held in all branches of sport and athletics.

With the close of hostilities the "Griffin" became part of the wider "Staff Association" and activities were resumed at Dulwich on June 15th. The ground and Pavilion were in excellent condition and the Depot Staff were eager to take advantage of the facilities offered.

Perhaps on the whole we should be satisfied with the progress made so far, but we feel that the response from the branches has been somewhat disappointing. Many of the younger people who should be deriving the greatest benefit from the Club need continual persuasion. We realise the difficulties—many of these younger members have perhaps not enjoyed organised school sport during the war years—the ex-service man has been absent from his home for a considerable time, he has probably got married and a family may have arrived, and no doubt his house needs decorating. These are all reasonable excuses for the disappointing lack of support, but we feel it is a phase which will pass, and given the necessary stimulus from the young and old, the "Griffin," we are sure, will begin to find its feet again in 1947, when incidentally, we hope to see the return of our energetic secretary at present serving in the Far East.

The modern trend towards shorter working hours is an excellent move, but with it will come the fresh problem of utilising this extra leisure to the best advantage. The answer, no doubt, lies in the intellectual attainments—the arts and crafts, in

(Continued on page 9)

A Music Group —and why

MORE accustomed to drawing a bundle of horse-hair across a length of stretched lamb's gut, or else waving a short stick to a band of fiddlers, rather than plying the pen, I nevertheless welcome the opportunity, kindly afforded me by the Editor, of writing a few notes on the recently formed S.S.A. Musical Society—I may not be given a second chance—so here goes.

With a view to embracing as wide a scope as possible it was deemed desirable to cover two forms of activity, Choral and Orchestral, and one form of *inactivity* namely that of enjoying good recorded programmes. And so the Society was visualized as embodying three groups which would normally function separately and yet be capable of linking up with each other or with the Dramatic Group. We also envisage the formation of choirs rehearsing in the locality of those Branches too far away for regular weekly rehearsal at Blackfriars. These local choirs could be brought to London for one day's grand fun at final rehearsal and performance. Competitive festivals are also within the ambit of the scheme. The average Englishman's sporting attitude is well reflected in the Music Festivals held all over the country, and whilst this kind of outlook is hardly desirable in the case of music, I believe it a good means to an end.

A choir is in being at Blackfriars under the direction of Mr. F. Maynard, the well-known Epsom manager, whose experience in choral work, especially with amateurs, amounts to that of almost a lifetime. A carol Concert at Blackfriars has been planned and I am sure all will join me in wishing every success to this first effort of that happy group of pioneers. The strength at present is about twenty-four, a long way from a full-sized choir necessary for the performance of large scale works, but nevertheless it is a very good start.

Turning now to the instrumental section, it is well appreciated that the formation of a Concert Orchestra is a more difficult proposition in view of the much higher standard of musical knowledge, proficiency and experience that is necessary for orchestral work. Up to the time of writing, and not unexpectedly, the response has been slow. But most things usually grow from small beginnings, including amateur Orchestras, so we need not be disappointed at this early stage. There must be many instrumentalists in J.S. who are hesitating to come forward, perhaps because they believe themselves lacking in proficiency. To anyone who feels that way I would say "Come along and try." We need *your* help to form an Orchestra capable of being split into sections such as small ensemble, salon combination, or theatre orchestra, as may be necessary, for work with the Dramatic Group which it is hoped will branch out to Operatic work.

Lastly a few words on the Gram. Records section. The response has so far proved promising and there is every hope that the section will be inaugurated in the very near future. It is interesting to note that I have received offers of the loan of records as far away as Nottingham.

This, roughly, is what is being done—may we count you in ?

Secoy

Rifle Club

DURING the War years, as you no doubt know, the Depot staff provided a number of the members of the 17th County of London Home Guard, much of their training and rifle practice being carried out at H.O. in rooms kindly made available by the Directors. The rifle club commenced in February, 1944, with five keen Home Guards and when this year the Home Guards were disbanded, the club continued with this nucleus. The militaristic S.E. Company (S.E. Coy) then became SECOY in civilian life. That is how SECOY was really born. The Directors have been most helpful in allowing us to continue to use the 25 yard range situated in the basement of the old Factory at Blackfriars. Mr. Goss and Mr. Gurr have given us every encouragement, both advisory and financial.

In 1945 we were presented with a Challenge Cup by Mr. Gurr for our Club Championship. This, together with various other competitions, forms our yearly internal programme.

In late 1945 and early 1946 we were able to make various alterations to improve the range so that now we can accommodate four at the firing point as against two in 1944. Of course we can still only shoot at 25 yards range, but have hope one day of getting facilities for 50 and 100 yards as well.

Although supplies of shooting equipment have been almost unobtainable, we have been most fortunate in buying some match rifles, telescopes, etc., and feel that now we can at least take on all comers, even though we can't yet squat a team of "possibles." That we hope for one day.

The present 1946 membership is approximately 30 members (including Ladies) and we now meet every Thursday evening at 6 p.m.

In the period 1944 to 1946 we have had many friendly and competition matches and feel we have won our fair share. We have also entered open competitions both as individuals and team and feel that now the SECOY R.C. is not unknown in these circles.

Our "A" team have been fortunate in winning the open competition at the London Small Bore Rifle Clubs' meeting recently held at L.P.T.B. range, Baker Street.

We wish to increase our membership and want to have some branch representation. There must be some ardent shots amongst you London branches . . . please get in touch with the Secretary at H.O.

The Griffin — from page 7.

healthy physical exercise, and in service to fellow men, all of which can be pursued through the Staff Association. The "Griffin" is ready to do its part right now. £600 worth of Trophies are in the strong room—why not get them out and spread them around the Firm?

To the younger members we say, make the most of these splendid facilities for recreational exercise, take office and help to organise. The older members are only too willing to give their goodwill and encourage the younger ones.

We look forward to a bright future for the Griffin Athletic Club.



NOR long ago a small band of enthusiasts met in Room 60 at Blackfriars—their object to form a Dramatic Section of the Staff Association. It was decided that, in view of the differences in hours of work, half holidays, etc., separate groups would require to be formed. A start was made at this meeting by forming a Blackfriars group of Head Office, Depot and Factory Staffs, and it is hoped that the Branches will follow this lead.

The response at the next meeting was much more encouraging. The Secretary and a Committee of five were elected. Much good work was put in by the Committee during the two weeks which followed so that at the last meeting they were able to put forward, as part of the winter's programme, three one-act plays. These were "Vacant Possession," "St. Anthony's Eve," and "Traveller's Joy." Miss Nicholl (assisted by Miss Stevens) and Mr. Watson (assisted by Miss Sibthorpe) undertook to produce "Vacant Possession" and St. Anthony's Eve, respectively. Great enthusiasm was displayed, and it is gratifying to note that they were able to proceed with the preliminary casting of both plays. The third play, "Traveller's Joy," has been held over until we can get a

producer and more males interested in the Drama—now that Ewell and Cockfosters have returned, perhaps we can make a start. Anyone interested is requested to get in touch with the Secretary.

An attractive programme, to include visits to Toynbee Hall Theatre and West End Theatres, is to be arranged.

Can we hope for a show at Christmas given by the combined efforts of Dramatic, Musical and Choral Sections?

Discussion Group

A DISCUSSION Group has operated at Blackfriars for some while during the winter and now that other evening activities and classes have been arranged it is proposed to re-establish the group for this season.

It is hoped to arrange a programme to include informal discussions on a wide range of subjects selected by the members, formal debates on motions of general interest and talks on other subjects introduced by specialists and followed by discussion.

The essence of a discussion group is to give all its members the opportunity of expressing their opinions so that their knowledge is increased by the interchange of views and their own opinions are crystallised by expressing them publicly. Large meetings are therefore not the most satisfactory and it is hoped to run a number of groups for Head Office and various Sections. Sections will appoint their own leaders who will be able to receive advice on suitable subjects for discussion and assistance in the provision of specialists to introduce particular topics.

TRAVEL GROUP



The **Alpenhorn**. A musical instrument resembling the cornet in principle but made of wood. Being only slightly curved it is very long (up to 12 feet). It is used for calling the cattle in the Swiss mountains and may have a range of 10 miles. Nowadays, it is used at ceremonials and for the benefit of tourists. Similar instruments exist in Scandinavia and in Roumania.

FACILITATION of holiday and recreational travel both in this country and abroad by the provision of information and advice is the main object of the Travel Group.

There are in this country many non-commercial organisations which are able to make one's journeyings into previously unknown territories, both easy and interesting. It is the intention of this group to act as a contact between interested members of the staff and such organisations. In addition, where contact with travel agencies becomes necessary such can also be arranged.

One suggested activity of the group is the organisation of a Holiday Savings Scheme. Would any interested members contact the

Secretary in order that he may assess the support for such a scheme?

With a view to preparing for next summer holidays, two film shows, with commentary, have been arranged through the co-operation of the Polytechnic Touring Association. They are "*Holidays in Switzerland*," on Wednesday, January 8th, 1947, and "*Holidays in Great Britain*," on Wednesday, February 5th, 1947.

Both to be held at 6.0 p.m. in Room 60, 6th Floor, Stamford House.

The views of interested members of the staff would be welcomed by the Secretary, especially in the present early days of the group in order that the best and most desired activities can be developed.

A List of the Staff Association Group Secretaries is published inside the back cover.



Roasting Hints

1. Place a small bird on a meat tin, a large bird on the grid shelf or hung from the top grid shelf with a tin beneath to catch dripping.
2. Spread the bird with lard or dripping and cover with greased or wet paper.
3. Roast in a hot oven, control mark 7. If the bird is large reduce the heat to mark 4 after 1 hour.
4. Time for cooking—turkey or goose, 1½ to 3 hours. Chicken, 1 to 1½ hours. Duck 1½ to 2 hours, according to size.

Serving Hints

- Turkey.** Chestnut stuffing or roast chestnuts. Sausage meat, bread sauce, thin gravy.
- Goose.** Apple sauce, sage and onion stuffing, thick gravy.
- Duck.** As for goose.
- Chicken.** Forcemeat stuffing, bread sauce, thin gravy.
- Hare.** Forcemeat stuffing, red-currant jelly, thick gravy.
- Rabbit.** Forcemeat stuffing, thick gravy.
- Roast beef.** Horseradish sauce.
- Roast mutton.** Onion sauce.
- Roast pork.** Apple sauce.

Housekeeping for Christmas



Christmas Cake

INGREDIENTS

- 8-ozs. plain flour
- 5 ozs. fat
- 5 ozs. sugar
- 1 teaspoon baking powder
- 3 eggs (reconstituted)
- ¼ lb. mixed fruit
- 6 tablespoons milk
- ¼ teaspoon mixed spice

METHOD

1. Cream the fat and sugar.
2. Add egg alternately with the flour which has been sieved together with the baking powder and spice.
3. Add fruit.
4. Add milk to the required consistency.
5. Bake in a slow oven 3½ to 4 hours, control mark 2.

Almond Icing Mixture

INGREDIENTS

- ¼ lb. fine semolina
- ¼ lb. caster sugar
- 2 dried eggs (3 tablespoons water and 2 level tablespoons dried egg)
- 2 teaspoons almond essence

METHOD

1. Mix semolina and sugar together in a bowl.
2. Reconstitute the dried eggs with the water in a cup, add essence to the liquid.
3. Add the liquid to the dry ingredients to make a paste and knead well.
4. Cover the mixture with a saucer and stand 24 hours.

TO ICE CAKE

1. Brush cake with a little jam.
2. Roll out almond paste on a sugared board.
3. Place paste on cake and model to required shape.

ing Diary

946 . . . We think perhaps your wife will be interested in this page. Why not take it home and ask her?

★ ★ ★ Decoration Hints

Colour paste, dividing into two, cover cake top with one half, rolling the rest out finely. Cut in small circles, and shape into petals, dip in castor sugar to give a crystalline appearance, and set on cake.

or

Colour paste, divide into two. Cover the cake with one half. Embed a china figure in the paste on the top of the cake. Roll out the remainder of the paste. Cut in circles to make lady. and use to make the skirt of crinoline

or

Cover cake with almond paste, keeping 2 ozs. of the mixture back. Divide this into two, colouring one red and the other green. Roll out the green and place on the edge of the cake when it is cut in circles, making a scalloped effect. Roll out the red and using scissors cut out letters to form "A Happy Christmas." Place on the paste with a little jam, sprinkle with caster sugar.

Mock Clotted Cream

2 ozs. margarine
2 dessertspoons caster sugar
2 tablespoons dried milk powder
2 tablespoons milk
few drops vanilla

METHOD

1. Beat margarine and sugar to a cream.
2. Add dried milk and milk, beating well.
3. Flavour with vanilla essence.

Mock Cream

$\frac{1}{2}$ tin evaporated milk
1 teaspoonful vanilla essence
4 tablespoons warm water
1 dessertspoon powdered gelatine

METHOD

1. Dissolve gelatine in warm water.
2. Add sugar and milk.
3. When cool add flavouring and whip.



Christmas Pudding

3 ozs. breadcrumbs
1 oz. S.R. flour
1 lb. mixed fruit
3 ozs. margarine
 $\frac{1}{2}$ cup milk
2 dried eggs (2 level tablespoons dried egg, 4 tablespoons water)
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ " mixed spice
 $\frac{1}{2}$ " cinnamon
 $\frac{1}{2}$ " lemon essence
4 ozs. sugar
1 gill old ale (if possible)

METHOD

1. Mix together all dry ingredients.
 2. Reconstitute egg, add lemon essence, beat well.
 3. Melt margarine, add with liquid to the dry ingredients.
 4. Steam for 6 hours and 2 hours on the day it is used.
- Sufficient for 6 people.

Savoury Fillings

1. White sauce mixed with scraps from the Christmas bird.
2. White sauce mixed with a little tinned salmon and chopped parsley.
3. White sauce mixed with grated cheese and mustard to taste.
4. Fried mushroom and white sauce.
5. Mushroom ketchup to taste.
6. Scrambled egg and chopped bacon.
7. Sardines and tomato. Mash sardines and mix well with skinned tomatoes to form a paste. Flavour salt and pepper.



All the Year Round Treats



Macaroons

Almond icing mixture as page 12.
Allow almond icing mixture to stand 24 hours.
Roll out and cut with cutters.
Place on baking sheet, well brushed with lard.
Bake for 20 minutes in a slow oven, control mark 2.



Royal Trifle

- 1 packet sponge mixture
- 1 packet green or red jelly
- 1 bottle preserved fruit
- $\frac{1}{2}$ pint custard

METHOD

1. Make the sponge according to the instructions on the packet.
Allow to cool and crumble.
2. Dissolve the jelly in boiling water.
3. Place half the sponge in a glass dish. Moisten with one-third of the jelly and allow to set.
4. Drain fruit and place a layer on top of the set mixture. Cover with the remainder of the sponge and half of the remaining jelly.
5. Make $\frac{1}{2}$ pint custard, pour over trifle.
6. Cover with mock cream and decorate with the remainder of the jelly which has been beaten with a fork after setting.

French Apple Flan

- 6 ozs. short crust
- $\frac{1}{2}$ lb. apples or other fruit
- 1 tablespoon sugar
- 4 ozs. almond paste

METHOD

1. Line a flan ring with pastry, prick well to prevent rising. Bake 15 mins. in hot oven, control mark 7.
2. Roll out a round of almond paste.
3. Cover the bottom of the flan case with this paste.
4. Cover with thin slices of apple or other fruit, avoiding very juicy fruits.
5. Sprinkle with the sugar, bake 20 minutes in moderate oven, mark 4.



Eclairs

INGREDIENTS

- 2 $\frac{1}{2}$ ozs. self-raising flour
- 1 gill water
- 1 oz. margarine
- 2 eggs (reconstituted)
- Pinch of salt

METHOD

1. Bring the water and margarine to the boil in a saucepan.
2. Add the sifted flour and salt, stirring vigorously and boil until the mixture forms a ball.
3. Cook for a moment, heating all the time.
4. Beat in egg mixture and beat until smooth.
5. Place in a baking sheet, well brushed with melted fat, in 3 $\frac{1}{2}$ -inch lengths.
6. Bake for 40 minutes in a moderately hot oven, control marked 5.
7. When cool, split with a sharp knife and fill with cream or savoury mixture, removing a little of the spongy inside to make room for the filling.



Chocolate or Coffee Eclairs

Fill with mock cream and dip the eclair into coffee or chocolate icing.

“It all goes to show”



A Health Section plays a vital part in modern personnel management. Besides administering the Sick Scheme and arranging medical examinations, the J.S. Health Section exercises a careful follow-up of the health of individual employees. Also, by a careful analysis of reasons for absence, considerable guidance is given to the management on the incidence of particular forms of illness and their relation with the various occupations followed within the firm. Preventive measures, such as improving working conditions or transferring staff to more suitable work, are thus made practicable.

Mass miniature X-ray—the passport photograph to Health.

“ . . . Stand here please, that’s right—chest flat against the plate—shoulders forward—hold your breath for a second, that’s it—next please.”

And that’s all there is to it ; in a matter of seconds you have been X-rayed—a numbered miniature photograph on a film about the size of a postage stamp has been made of your chest, lungs and heart. There’s certainly nothing frightful about it.

During the war years the Medical Research Council decided to enquire into the possibility of mass radiography and after considerable research a mobile apparatus was produced which was capable of photographing large numbers of people in a very short time and with little or no inconvenience to themselves. The advantages over the normal method were soon found to be many—some technical—cheapness, speed. Other advantages more closely concern the subjects themselves—the centre can be moved from town to town—only a few seconds’ time is taken up and it is no more tiring or trying than having an ordinary photograph taken.

The benefits are obvious. The expert can study the magnified negative—at length if needs be. In the vast majority of cases nothing out of the ordinary is brought to light, but occasionally, here and there, a condition requiring treatment is found. The X-ray photograph will show such a condition long before it becomes apparent by external symptoms, thereby making treatment many times more simple, and cure much more probable.

The X-ray photograph, obviously is in no way a preventive measure, neither is it a cure—it is merely a means of diagnosis and therefore, in the same way as one pays a routine visit to the dentist, one should have a routine check up at an X-ray centre—although not quite so frequently perhaps. It is hoped that in the not too far distant future a yearly visit will be regarded as the normal practice.

To give you some idea of the statistics of the scheme, the London clinic gave us the following information:—

In round figures, of 100 subjects X-rayed, 95% hear no more. 5% are asked to attend the centre again for a further test which usually takes the form of a full-size X-ray

photograph. Of these over half will be found to be normal after this repeat examination, the previous doubt having arisen from technical causes. The remainder—say 2 per cent.—may be found to have X-ray appearances suspicious of abnormality and will be asked for a private medical interview. Finally perhaps 1 per cent. will be found to have chest trouble requiring observation at work, or treatment at a sanatorium. Even those requiring active treatment will have a far better prospect of cure than if he or she had waited until the disease had been discovered in the normal way.

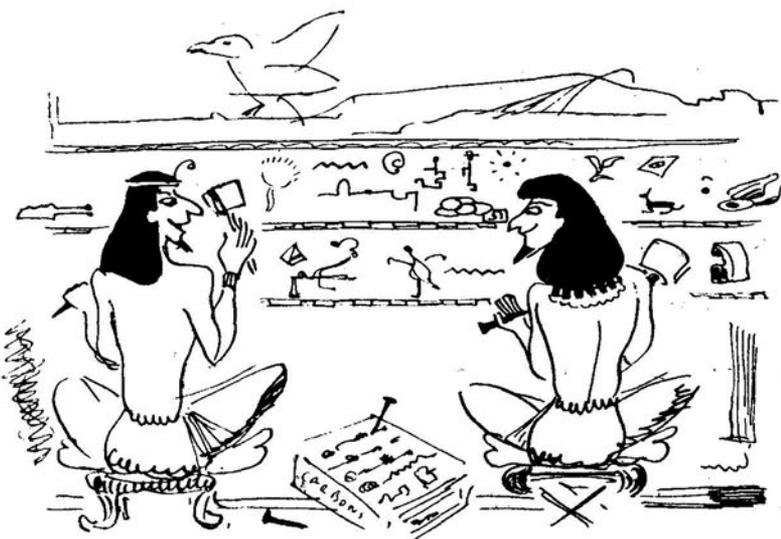
A mobile clinic recently visited Catford and Lewisham district and among our staff in that district 50% came forward as volunteers—a very good start. In the St. Pancras area—which covers Hampstead branches and district—where a mobile apparatus will shortly be visiting, several branches have already come forward with nearly 100% volunteers—an even more encouraging result.

This then is the case for mass miniature X-ray — “The passport photograph to health.” Will it have your support?



We hope that the L.C.C. Unit will soon be visiting Stamford House.

Photograph by courtesy of ILFORD LTD.



"YOU DOING THE BULLETIN THIS MORNING, OR SHALL I?"

Nutrition Notes

"FROM October 1," we read—and for once we did *not* read "as from," for which our thanks—the "misleading" word "Digestive" in "Digestive Biscuits" is to be qualified, explained, and disinfected by the addition of the words "sweet meal" in brackets. And "(sweet meal)," bakers are warned by the Ministry of Food, "must be sufficiently prominent on the biscuit to attract the eye as much as the word 'digestive'."

So at last an ancient danger is removed from our homes. "The public might think, they say, that the biscuits prevent indigestion."

Dear, dear. More wise precautions of the kind may be expected soon. It is disturbing to think of the confusion in so many nursery minds. "Swiss Rolls," for example—not made in Switzerland. "Ginger Nuts" are still shamelessly supplied

to our trusting young, though they contain, we believe, no nuts at all. "Garibaldi" biscuits (known to the lower - education - age - groups as "squashed flies") contain in fact no flies, and have no close connection with the Italian statesman. These, in future, are to be stamped "GARIBALDI - FLYLESS - NON - ITALIAN - BISCUITS." Then, they tell me, there are "Wine" biscuits, which though they contain no wine, have misled many a governess and provoked some disappointing orgies.

What has a "Welsh Rarebit," served in London, to do with Wales? And, worse still, there is the "Scotch Woodcock"—neither Scotch nor bird. The "Angel on Horseback" is another pretty misleading description. And what of "Shepherd's Pie"? Is it seriously suggested that this is the special food of shepherds? Shame!

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Personnel Problems

Your Queries
Answered by

"**TRIBUNUS**" *

Refresher Course

Many branch men attending the National Service Refresher Course have asked me questions about the Course, of the "when," "who" and "how many" kind.

Courses actually began on January 14th, 1946, and have run intermittently throughout the year. All told, some eighty Managers, over four hundred Butchers and about nine hundred Provision Salesmen have taken the Course. The three Services, N.F.S., N.A.A.F.I. and "War Work" have all been represented and ranks have ranged from senior officers (Majors and Squadron Leaders) to Privates and A.C. Plonks.

Incidentally, the branch men who were on the earlier Courses might like to know that the time-table was radically changed in September. The younger men now coming back spend almost the whole week on practical work and do not get those pleasant trips round Blackfriars and Union Street: some of them even say that it is just like being at work!

*Tribunus Plebis, commonly referred to as Tribunos, was an official appointed in ancient Rome to protect the Plebeians from encroachment on their privileges by the Patricians.

Blackfriars Transport

Some of those who join the surging throng at the corner of Stamford Street and Blackfriars Road each evening have asked me whether anything can be done about extra transport to get them home, particularly extra trams on routes 34, 56 and 74. I am able to say that the Firm has approached the L.P.T.B., who have put on extra trams on the No. 74 route and who have undertaken to consider turning round trams at Stamford Street to give those going South some chance of getting on.

We also asked for some queueing organisation at Stamford Street and the Board have promised to go into this. I will keep Depot and Factory readers informed in these columns of further developments. In the meantime, I can only advise patience.

Branch Proficiency Payments

I am often asked by men returning from National Service when Proficiency Payments are actually made, in what order and whether they are dated back. Well, everything is very clearly set out in the Wages Booklet but in view of the general misunderstanding I am going to summarise the conditions here.

Men who were "Learners" before being called up are eligible to earn four Proficiency Payments within a year of resumption provided they are 23 years of age or over. Provision Salesmen first have to qualify on "Dairy" and subsequently on "Bacon," "Cooked Meats" and "Grocery" in any order. A review is made after each period of experience and Proficiency Payments are authorised to those who are satisfactory. Each of these

first three awards is paid as authorised and each is dated back to resumption from National Service.

A similar procedure is followed for the first three payments to men who were Butchers "Learners" before call up (two for Fresh Meat and one for Poultry).

Men who before call up were qualified Salesmen ("Red Button" men) and qualified Butchers Shopmen, resume with three Proficiency Payments on account and those who were qualified Butchers Cutters resume with two Proficiency Payments on account. The same probationary periods have to be put in however, and progress is reviewed in the same way as for former learners.

All branch grades have to wait until one year after resumption for their final Proficiency Payment and this is not dated back.

Day Continuation Classes

As you all know, it will ultimately be compulsory for employees under 18 years of age to spend one day per week at a "County College." The Firm is in entire agreement with this section of the new Education Act and, indeed, is prepared to anticipate the compulsory conditions and to arrange for release of present staff in areas where the Local Council are agreeable to co-operate. Considerable groups of Head Office and Depot employees under 17 years of age are now attending one day per week at the Kingsway Institute and at the City of London College and the new group of branch trainees are attending the School of Retail Distribution in Charing Cross Road. Other branch employees under 17 at Harpenden, St. Albans and all branches in the Croydon area have a similar arrangement and it is hoped in the New Year to extend

the privilege to young employees in many other districts. Tuesday is generally the day stipulated by the Firm for branch staff. There are obvious advantages in setting up these voluntary arrangements before legal compulsion comes along.

"Industrial Ten"

Scores of queries reach me about entitlement to, and the method of procuring, the "Industrial Ten" Clothing Coupons. Regulations for 1946-7 have recently been published by the Board of Trade in Leaflet T.C.47, which you should find posted up in your branch or department. Manual workers in certain trades are eligible to apply, provided they work for not less than 22 hours weekly. Amongst the listed trades are "Manufacture of Food" and Wholesale and Retail Distribution of food." Those who appear to be eligible should obtain, from their Manager or Personnel Officer, Form E.D.109. Forms must be promptly completed and returned to the Manager or Personnel Officer. The last date for acceptance of forms by the local office of the Ministry of Labour is 1st February, 1947.

Address your personnel problem to "Tribunus," c/o J. S. Journal, Stamford House, Blackfriars, S.E.1.

Those matters which are of general interest will be answered in these columns. Any queries justifying special attention will be passed to the Personnel Manager for an official answer.

Former colleagues of A. W. Smith, who was Manager of Porchester Road branch for a number of years prior to his retirement in October, 1945, will be sorry to hear that he has been ill for some time. His present address is 49, Westbourne Grove, Westcliff-on-Sea, Essex.

A Voice from the Past . .

The following simple request was recently received by one of our Branches:—

THE MANAGER,

Dear Sir,

I shall be obliged if the following can be prepared (as an order) to be called for on any day convenient to you this week and charged against the account.

- 3 tins Bartlett Pears.
- 2 „ Peaches or Apricots.
- 2 lbs. Biscuits (any kind).
- 2 „ Sugar.
- 1 „ Atora suet.
- 1 „ Icing sugar.
- 2 „ Raisins.
- 1 „ Currants.
- 2 „ Sultanas.

Yours faithfully,

We understand that this customer is considering registering!

Wot, no mincemeat! !

. . . and a Peep into the Future

Rumour has it that the Food Ministry is about to foist Whale Meat on to the unsuspecting (?) public.

Won't that be nice?

Therefore, in case the eventuality should arise, we are publishing a few hints on the correct procedure to follow should the local Meat Depot deliver a whale (or part thereof) with (or without) your next allocation.

Delivering a whale (as the whale said) is no easy matter. It is advisable to notify the Police in order that they may divert traffic while you take out the window frame (having first taken out window

display No. 157). This, of course, will not be necessary if fore-ends (bowsprits or fo'c'sles), middles (bulwarks) or tails are delivered, as these can easily be lowered through the fanlight.

Having shored up the carcase in a suitable position the next step is to convert to marketable lumps. This is best done by (a) de-finning with mallet and (k)nicker; (b) dividing with cheese board and wire (feel for the joints behind the ears with the thumb and forefinger, and score with a half-round file—two points for a win, one for a draw).

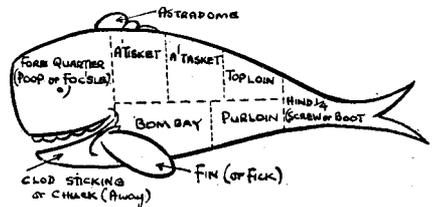
Joints are best cut with a common, or garden spade, or with a band-saw if you have one—a knife and fork from the house, or the other chap's razor, is not to be recommended as this leads to tibs.

A few words about display. Sides, quarters, eighths and sixteenths, should be draped from the rails, the overhanging ends pinned up to prevent being trodden on or fallen over. Trays of small joints ranging from say 28 lbs. to half an acre should be kept going on the counter. Tickets (a) "You needn't be registered" and (b) "There's more where this came from" are enclosed herewith.

Ministry allowance is as follows—Two-thirds added to the permit weight plus $\frac{7}{15}$ ths for frayed temper plus double the number you first thought of for luck. Or would you rather be a fish?

We shall be glad not to have your customers' comments.

Cutting diagram:—





We picked this photograph out of the hat. 2/6 will be awarded to anybody who can identify themselves—send claims to the Editor with a snapshot!

The Staff Association Dance

Two thousand odd is a fair-sized crowd—even in the Lyceum—and when the larger part of it takes charge of the dance floor a degree of individual skill is necessary if one is to come out of the battle sound in wind and limb.

From the comparative safety of the Circle Restaurant the whole scene could be conveniently admired—the days of coupons and austerity certainly did not seem to throw any undue gloom over the proceedings. However, even if dancing enthusiasts were somewhat dismayed at the multitude, no one can possibly deny that, as a social event, the evening was an unqualified success. No doubt it was the finest get-together that J.S. has yet staged.

The situation outside almost called for police reinforcement—there were more coaches in Wellington Street at one time than in Margate!

And talking of Margate, we hope, as Staff Association event No. 2, to charter the "Royal Eagle" (or is it the "Crested Eagle"?—anyway the one that wasn't sunk at Dunkirk) for a day trip from Tower Bridge to Margate during the early part of the summer. We cannot say at the moment what the cost will be, but further details will be forthcoming in due course.

By the way, may we dispel the rumour that the Staff Association made a large profit on the event? It didn't.

Quizzle Corner

Try these on yourself:—

1. A chess board contains 64 squares. If a wheat-producing country offers us 1 grain of wheat for the first square, 2 grains for the second, 4 for the third, 8 for the fourth, and so on for all the squares of a board, would the extra wheat enable the Ministry of Food to cease the bread rationing scheme?



2. Using all the ten digits 0 to 9 inclusive, write down numbers which when added together (or subtracted) will total 100.



3. Many years ago a ship, carrying as passengers 15 Turks and 15 Christians, encountered a storm, and, in order to save the ship and crew, one-half of the passengers had to be thrown into the sea. Accordingly the passengers were placed in a circle, and every ninth man, reckoning from a certain point, was cast overboard. Find an arrangement by which all the Christians should be saved.



4. Two clerks, A and B, are engaged, A at a salary commencing at the rate of £100 a year with a rise of £20 every year, B at a salary commencing at the same rate of £100 a year with a rise of £5 every half-year, in each case payments being made half-yearly. Which has the larger income?



5. What is the least number of weights which would serve to weigh any exact number of pounds from 1 lb. to 40 lbs. inclusive?



6. Find the words.

- | | | | |
|-----|-----|----------|-----------------|
| 1. | -- | VER | Wrap up. |
| 2. | | VER --- | Check up. |
| 3. | - | VER ---- | Too much stock? |
| 4. | -- | VER ---- | Scottish town. |
| 5. | -- | VER -- | Front to back. |
| 6. | -- | VER - | English River. |
| 7. | | VER ---- | Scent. |
| 8. | -- | VER -- | Quite a number. |
| 9. | - | VER --- | Normal. |
| 10. | | VER ---- | -- Corrosion. |
| 11. | --- | VER - | Change to. |
| 12. | -- | VER --- | Tea. |

Try these on your friends:—

7. Ask someone to choose a number without telling you what it is, then ask him to perform in succession the following operations:—

- (1) to multiply the number by 5
- (2) to add 6 to the answer
- (3) to multiply the last result by 4
- (4) to add 9 to the answer so obtained
- (5) to multiply the result of (4) by 5.

Ask the result of these calculations and yourself subtract 165 from this and divide the remainder by 100. The answer is the number originally chosen by the other person.



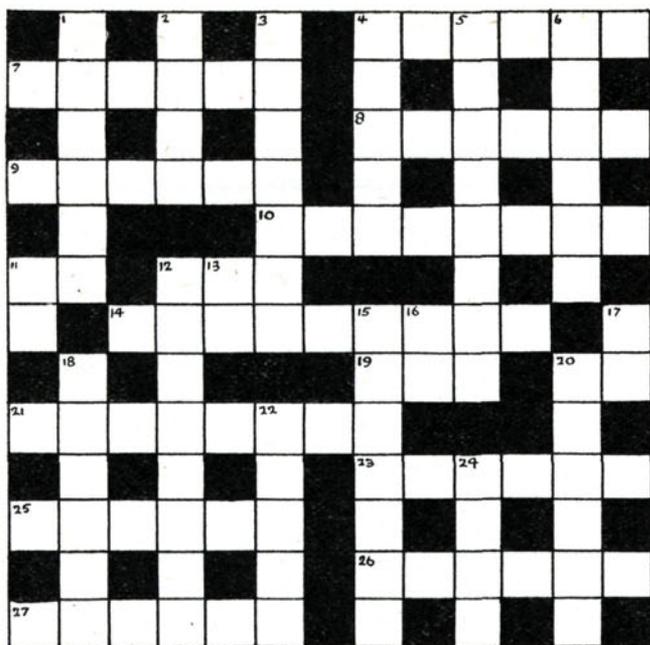
8. Ask a person to write down in £ s. d. any sum less than £12 and such that the difference between the number of pounds and the number of pence is more than 1. Then ask him to write down under this amount another amount formed by reversing the number of pounds and the number of pence in the first amount. Then tell him to subtract the smaller amount from the larger, and again to reverse the pounds and pence of the sum so obtained. Finally, tell him to add together the last two amounts (i.e. the original difference and its reverse.) You can then tell him that his final answer is £12 18s. 11d. and it always will be this amount provided the sum has been done correctly.



9. This is a game played by two people, say A and B. A begins by mentioning some number not greater than 6. B may add to that any number not greater than six, and so on. He wins who is the first to make the total reach 50.

The key numbers to remember are 1, 8, 15, 22, 29, 36 and 43. Call your numbers so as to make these totals, and after you have made the total 43, it will not matter what your opponent calls as you can always make the total up to 50.

PRIZE CROSSWORD



Across

4. An involuntary response to an irritant affecting the nose!
7. May often be seen in the neighbourhood of Covent Garden.
8. Ten A.R.P. may be the answer to this.
9. Colloquially both an instrument and fraudulent manipulation.
10. Although it never comes it is a lovely day we're told!
11. — my goodness.
12. Thus.
14. Both small—are these for pests to play games with?
19. Help.
20. Often used by editors in place of I.
21. Beeftins (anagram).
23. Sailed for high standards.
25. Service.
26. Street (anagram).
27. Stares are of various colours.

Down

1. Extravagant.
2. This is what the *sild* that slipped did.
3. Often accompanies a yawn.
4. Mates (anagram).
5. Enchants.
6. Fanatic.
11. Preposition.
12. Neither this year, next year, nor never.
13. What every girl thinks she's got!
15. A surfeit of S's helps.
16. — and behold!
17. One of 20 across.
18. Hole in the wall holiday.
20. Dr. Weel will fix your plate toy.
22. Less I surrounded by water.
24. — on the optics (is this puzzle too this or too much the opposite?)

A PRIZE of ONE GUINEA will be awarded to the sender of the first correct solution opened after 1st Jan. 1947.

Entries should be addressed to the Editor J. S. JOURNAL, etc., and the envelope marked "Crossword."

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If you have any suggestions, criticisms, articles, amusing stories of shop life, photographs, sketches, or anything which you think might interest us, please put it (or them) into an envelope and hand them to the manager to be sent in the Blackfriars envelope or direct, to The Editor, J.S. Journal, c/o J. Sainsbury, Ltd., Stamford House, S.E.1.

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Answers to Quizzle Corner

1. The real answer is that there never has been so much wheat! In mere numbers, the total amount of wheat, converted into $1\frac{3}{4}$ lb. loaves, would be sufficient to provide a loaf each day for every man, woman and child in the world for about the next 2,500 years!
2. Two solutions are: —
 $50 + 49 + \frac{1}{2} + 38/76 = 100$
 $123 - 45 - 67 + 89 = 100$
3. C.C.C.C.T.T.T.T.C.C.T.C.C.C.T.
 C.T.T.C.C.T.T.T.C.T.T.C.C.T.
 (You can remember this solution by the vowels in the sentence:
 From numbers' aid and art, never will fame depart.
 where 'a' stands for 1: 'e' for 2: 'i' for 3:
 'o' for 4 and 'u' for 5.
 The order is thus (o=4) Christians,
 u(=5) Turks and so on).
4. B, whose income will be £105 in the first year (£50+£55), £125 in the second year (£60+£65) and so on. A's income will be £5 less for each year.
5. If the weights may only be placed in one scale pan, we need weights of 1, 2, 4, 8, 16 and 32 lbs. If they can be put in either pan, we need weights of 1, 3, 9 and 27 lbs.
- 6.
1. Cover.
2. Verify.
3. Overdone.
4. Inversess.
5. Reverse.
6. Severn.
7. Verbena.
8. Several.
9. Average.
10. Verdigris.
11. Convert.
12. Beverage.

Staff Association Group Secretaries:

Dramatic :

Miss B. JOHNSON,
Mr. R. J.'s Office Ext.

Music :

Mr. N. DOGLIANI,
Works Dept.

Travel :

Mr. S. BRIGHTWELL,
Laboratory.

Rifle :

Mr. R. A. G. LEE,
Ext. 866.

Discussion :

Mr. H. W. SMITH,
Staff Dept.



Housekeeping Diary

for Christmas 1946 . . .

We think perhaps your wife will be interested in this page. Why not take it home and ask her?



Christmas Cake

INGREDIENTS
8-ozs. plain flour
5 ozs. fat
5 ozs. sugar
1 teaspoon baking powder
3 eggs (reconstituted)
1 lb. mixed fruit
2 tablespoons milk
1/2 teaspoon mixed spice

METHOD
1. Cream the fat and sugar.
2. Add egg alternately with the flour which has been sieved together with the baking powder and spice.
3. Add fruit.
4. Add milk to the required consistency.
5. Bake in a slow oven 3 1/2 to 4 hours, control mark 2.

Almond Icing Mixture

INGREDIENTS
1 lb. fine semolina
1/2 lb. caster sugar
2 dried eggs (3 tablespoons water and 2 level tablespoons dried egg)
2 teaspoons almond essence

METHOD
1. Mix semolina and sugar together in a bowl.
2. Reconstitute the dried eggs with the water in a cup, add essence to the liquid.
3. Add the liquid to the dry ingredients to make a paste and knead well.
4. Cover the mixture with a saucer and stand 24 hours.

TO ICE CAKE

1. Brush cake with a little jam.
2. Roll out almond paste on a sugared board.
3. Place paste on cake and model to required shape.

Roasting Hints

1. Place a small bird on a meat tin, a large bird on the grid shelf or hung from the top grid shelf with a tin beneath to catch dripping.
2. Spread the bird with lard or dripping and cover with greased or wet paper.
3. Roast in a hot oven, control mark 7. If the bird is large reduce the heat to mark 4 after 1 hour.
4. Time for cooking—turkey or goose, 1 1/2 to 3 hours. Chicken, 1 to 1 1/2 hours. Duck 1 1/2 to 2 hours, according to size.

Serving Hints

Turkey. Chestnut stuffing or roast chestnuts. Sausage meat, bread sauce, thin gravy.
Goose. Apple sauce, sage and onion stuffing, thick gravy.
Duck. As for goose.
Chicken. Force meat stuffing, bread sauce, thin gravy.
Hare. Force meat stuffing, red-currant jelly, thick gravy.
Rabbit. Force meat stuffing, thick gravy.
Roast beef. Horseradish sauce.
Roast mutton. Onion sauce.
Roast pork. Apple sauce.

Decoration Hints

Colour paste, dividing into two, cover cake top with one half, rolling the rest out finely. Cut in small circles, and shape into petals, dip in castor sugar to give a crystalline appearance, and set on cake.

or

Colour paste, divide into two. Cover the cake with one half. Embed a china figure in the paste on the top of the cake. Roll out the remainder of the paste. Cut in circles to make petals and use to make the skirt of crinoline lady.

or

Cover cake with almond paste, keeping 2 ozs. of the mixture back. Divide this into two, colouring one red and the other green. Roll out the green and place on the edge of the cake when it is cut in circles, making a scalloped effect. Roll out the red and using scissors cut out letters to form "A Happy Christmas." Place on the paste with a little jam, sprinkle with caster sugar.

Mock Clotted Cream

2 ozs. margarine
2 dessertspoons caster sugar
2 tablespoons dried milk powder
2 tablespoons milk
few drops vanilla

METHOD

1. Beat margarine and sugar to a cream.
2. Add dried milk and milk, beating well.
3. Flavour with vanilla essence.

Mock Cream

1/2 tin evaporated milk
1 teaspoonful vanilla essence
4 tablespoons warm water
1 dessertspoon powdered gelatine

METHOD

1. Dissolve gelatine in warm water.
2. Add sugar and milk.
3. When cool add flavouring and whip.

Christmas Pudding

3 ozs. breadcrumbs
1 oz. S.R. flour
1 lb. mixed fruit
3 ozs. margarine
1/2 cup milk
2 dried eggs (2 level tablespoons dried egg, 4 tablespoons water)
1/2 teaspoon salt
1/2 " mixed spice
1/2 " cinnamon
1/2 " lemon essence
4 ozs. sugar
1 gill old ale (if possible)

METHOD

1. Mix together all dry ingredients.
 2. Reconstitute egg, add lemon essence, beat well.
 3. Melt margarine, add with liquid to the dry ingredients.
 4. Steam for 6 hours and 2 hours on the day it is used.
- Sufficient for 6 people.