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Letters and contributions are invited from all members of J.S. Staff. Photographs of Staff Association activities will be particularly welcome. A fee of half a guinea will be paid for any photograph by a member of J.S. Staff which is published in J.S. JOURNAL.

All communications should be sent to
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Stamford House, Blackfriars,
London, S.E.1.

OUR COVER PICTURE
Mr. Drury of the Training Centre cuts the forerib from a fore-quarter of beef while instructing in the technique of butchery.
Photograph by Common Ground.
Monday, January 25th—Due away from Heath Row at 0800 so up at 0500. But departure delayed until 1215; flying at 17,500 ft., with a very clear view of home. My immediate neighbour, Rhys Davies, Secretary of Rootes Group, Australia, en route for Melbourne.

First stop Zurich. Particularly fine airport buildings, quite the best design I ever saw. Thence over the Alps which were astonishingly beautiful in the setting sun. Passed over Venice and Athens and arrived at Beirut still four hours late at 0145 local time. Long ride to hotel down new dual carriageway, arriving there at 0230 for bed and breakfast. Hotel magnificent—pink marble—but noisy (cockerels and workmen). Sudden impact
of the East with sheikhs, yashmaks, fezzes, splendour and squalor. Sheikhs in desert robes and chauffeur-driven Cadillacs, presumably as a result of oil discoveries. Many of the population still living in holes scooped out of the mud with flattened tins or rags as their only protection. Shepherds watching very scraggy sheep on completely bare sand-dunes. Old N.A.A.F.I. buildings and dilapidated beach "houses" disfigure a beautiful beach.

**Tuesday, January 26th**—Lunch at the airport where our table companions refused B.O.A.C. wine and carefully chose champagne from the wine list; obviously the expense account was open!

Left Beirut at 1315. Passed over the desert and after about fifty miles, over Damascus. The city buildings appeared to be dirty white in colour with olive groves and other dark green vegetation extending for some miles and completely enveloping the city. A few villages were also dotted about amongst the green. Outside of this was desert in all directions with the foothills of the mountains immediately to the west.

The surrounding desert appeared to vary considerably, including stony scrub lands, sand-dunes and a variety of rocks. Petrol pipe-line stood out very clearly and the water in the Persian Gulf was clear and remarkably blue.

Karachi reached late in the evening. There was an opportunity for a shower at what was probably a Services Club, immediately adjacent to the airport buildings. Everything seemed very clean and businesslike, the only complaint heard being that beer was 5s. a bottle. What little could be seen of the place at the time of night was certainly very impressive.

**Wednesday, January 27th**—Reached Calcutta 0500. Complete English breakfast of bacon and eggs, toast, marmalade and coffee in the airport restaurant but what bacon! Bare-footed waiters were certainly dumb and seemed completely brow-beaten by their immediate superiors. The main hall of the airport a cross between turkish bath and mortuary with all sorts of curious faces peeping out from blankets behind the counters where presumably they had been staying the night, just waiting. A shopkeeper opened up for the benefit of the travellers, keeping himself wrapped in his blanket, which is certainly a cheap article of clothing and satisfactory provided no great movement
is required. General appearance of the population which consists of 4,000,000 inhabitants plus 3,000,000 refugees most depressing.

Still some four hours behind schedule, left about 0700 for Singapore. Passed over Siam which it is said could produce enough rice for Asia, but living apparently is too easy. A few rice grains will produce food without further attention and a hole scooped from the paddy fields by the hands will within a matter of weeks be filled with edible fish—the “land of miracles”. Passed over Malaya where jungle clearance schemes are obvious. Saw large rubber plantations.

And so to Singapore. Very impressive airport and bustling town, old part of the city consisting mainly of “shop houses” where the shopkeeper and various branches of his family live over the business premises in very overcrowded conditions. Ground floor set back to provide footpath under the arches leaving about six lines of traffic in the road and monsoon drains on either side. These drains are 4 ft. deep by 18 in.
wide and are concreted. Very easy to fall into them and children playing in them are almost hidden.

Police barracks everywhere but very few police; presumably these are acting as troops up country.

Although Malaya is the biggest dollar earner in the Commonwealth, scarcely any American cars are to be seen and the streets are packed with British cars.

Notices referring to the emergency very conspicuous and requiring visitors to register after a certain period of residence. Population 85 per cent. Chinese. Much gambling in the streets.

Visited Buddhist temple. Extremely ugly concrete building with a 50 ft. Buddha inside—also a Coca-Cola advertisement!

*Thursday, January 28th*—Off 0800. Over Sumatra 0830 (0100 G.M.T.) and crossing equator.

Arrived at *Djakarta, Indonesia*. Land appeared very fertile and moist and everything, including clothing of both sexes, particularly colourful. After very extensive formalities we were allowed to sit at a table roped in for an hour before rejoining aircraft.

Arrived Darwin in moonlight at about 2100. Crocodile-infested mangrove swamps on the coast fully visible. Shower and meal available ten miles away along the Northern highway which runs 1,600 miles straight and then forks right for Melbourne. Surprisingly good service. Surroundings tropical in character. Ground crew and medical services appeared very efficient. Former paraded in military style for arrival and departure—quite unexpected in Australia. Had just had four inches of rain in a day; inland great lake had formed and by-roads were unusable. Beer in restaurant, owing to high rail freight, brought by sea from Melbourne four thousand miles away.

Off at 2315 at 15,500 ft.

*Friday, January 29th*—Breakfast in aircraft 0500.

Arrived *Sydney* 0700. Wonderful sun-rise above the clouds about 500 miles out from Sydney. Through Customs by 0800 and met by Mr. John at Wentworth Hotel 0830.

Visited Australian Meat Board at 1000 and met Mr. Lohan and Mr. Marshall. At their request I returned in the afternoon, then inspected part of the city, which was quite impressive; noticeable American influence. David Jones, with self-service grocery—no baskets provided, no prices marked on the goods.
This charming garden is part of the grounds of the slaughterhouse and freezing works at Fairfield, Ashburton.

Decoy sheep waiting at the foot of the ramp are much in use to lead newly arrived stock to the killing floor at Fairfield.
These three rows of individual kennels are the homes of the sheepdogs who work at Pareora.

Not a full-blooded effort. The firm of George C. Coles trade on Woolworth lines very extensively here and in Melbourne. Woolworth’s have separate stocking shop—quite smart. Enormous G.P.O. with exceptional volume of business.

Saturday, January 30th—Saw Mr. John off on s.s. Orion from 0900 to 1100. Typical Sydney departure with ship almost tied to quay by paper streamers.

Spent afternoon on harbour tour (“Showboat”). Reminiscent of Falmouth but on much bigger scale. Residential buildings rising around the harbour on rocky and precipitous land with some extraordinary architectural results.

In the evening Sydney streets full of milling crowds viewing the decorations for the Royal tour and stopping the traffic. A number of major Coronation decorations shipped out from London and readily recognisable.

Sunday, January 31st—Took steamer across to Manly and walked across the isthmus to Pacific Beach. Heavy rain and wind. s.s. Gothic reported in the path of cyclone of which this weather was part. Manly a miniature Blackpool.

Away on Solent flying boat at 2230 from Rose Bay. Good
Above, the drifter is selecting lambs which are then passed on to the slaughterhouse. The rejected lambs can be seen (right) slipping down a side-tipping into a tank of sheep-dip and passing out to pasture.

view of Sydney decorations on long circuitous route to the airport, central roads being blocked by crowds. Sydney illuminations impressive from the air. Supper on board. Very bumpy.

Monday, February 1st—New Zealand coastline most interesting. Volcanic characteristics strongly marked. Arrived at Wellington 0800 after crossing 1,400 miles of the Tasman Sea. An hour late and finished on three engines. Met by Mr. Iles, General Manager, C.F.M. Co., who had been there since Saturday for that purpose, and was soon through the Customs. Taken to Midland Hotel, stopping at railway station en route; the latter constructed on American lines and most impressive, good architecture, lofty main hall, platforms entered through doors and flower beds in front. Very welcome bath and second breakfast at the Midland Hotel, then to wool sale where we met Mr. S. E. Mair, well known to many at Blackfriars. Sale very
interesting with buyers from all parts of the world, conducted at tremendous speed, each buyer shouting his bid. Some of the bidders very excited at times. Paid several other calls, among them one to the Gair Meat Co.

Left Wellington by Dakota at 1645; met at Christchurch by Sybil and Brenda Iles at 1825. Wonderful view of mountains and coastal plains on the way there.

Tuesday, February 2nd—To Canterbury Frozen Meat Company office with Peter Shea. There met Chairman John Deans and Director L. D. Cotterill. Had lunch with the former at his residence, the farm-house of the old estate, the bigger house now being part of Riccarton "reserve". A stone outside the Deans's home records that the first house on the Canterbury plains was built there. Was shown the Maori lease to John Deans's grandfather dated 1843, on which the Maori chiefs had made their marks—33,000 acres at £8 a year.

Interesting discussion with Mr. Pat Borthwick on agricultural developments in New Zealand. Understand from him that the spreading of artificial fertilisers from Moth aircraft with a 5-cwt. load costs about £5 per acre.

Wednesday, February 3rd—First visit to freezing works. Funeral of Sir Arthur Donnelly in Christchurch; very prominent New Zealand lawyer, and local business almost halted for an hour or two. Called on New Zealand Refrigerating Company and greatly enjoyed discussion with Mr. Grandi. 1215 to Fairfield works, Ashburton, fifty-three miles south of Christchurch. Lunch at "White House" en route arriving at 1415. Roads surprisingly good. Rakaia Bridge over the river of the same name just over a mile long. Many gum trees as imported from Australia. Although drought now of long duration and country golden brown, tremendous quantities of feed everywhere. Fairfield Works have forty-two men working on the line, daily kill 4,200, currently working 5½ days... throughput 23,100 a week. Decoy sheep quite a feature here, particularly those ruminating on the actual killing floor.

Interesting development in various neighbourhoods en route of small grocers uniting as "Grocers' United Services" and "Four Square" joint buying on American principle.

Interesting to note buses carrying prams suspended from hooks on front.
This single span concrete bridge at Cat Hill is the handiwork of the station owner who built it with the help of one man at a cost of about £100.

Thursday, February 4th—At 0700 to Pareora Works at Timaru passing New Zealand Refrigerating works at Islington just by Christchurch and Burnside works near Timaru. Lunch in staff canteen and tea with Mr. and Mrs. J. H. Grigg at Longbeach, a very delightful spot.

Saturday, February 6th—Left Belfast freezing works for Riccarton, en route passing “grass” fire which for some time threatened two houses. The fire in fact jumped the wide main road but the wind then changed and within a short time it was out. My first sight of this New Zealand hazard which can certainly be very alarming. Dry weather, prevalent high winds and timber buildings all contributory factors.

Sunday, February 7th—To Cat Hill sheep station of 4,000 acres occupied by Mrs. Iles’s brother-in-law Malcolm. Beautiful drive through Hurunui Valley, north of Christchurch. Hilly district, with the valley some mile or two wide between the hills, apparently filled with glacial or alluvial soil. The river itself
cuts deep into the latter with consequent high cliffs. The road after leaving the plains is very winding, there being numerous gorges, one-way bridges and passes. The rivers hereabouts have a great tendency to change their courses frequently. Taken up precipitous track on a grass hill in a new A40, completing the climb on foot. Extremely high wind and very warm on the lee side of the hill.

The station carries sheep and Aberdeen-Angus cattle and the house has modern amenities, tennis court, lily pond and bathing facilities. The roads and bridges have been made by the occupier, one single span bridge across a gorge 60 ft. deep being quite a spectacular achievement at a cost in materials of £100 and with the help of an odd man. Tame " wild " pig trotting about the farm. Given hogget mutton eighteen months old, killed on the farm, and never tasted finer meat.

Monday, February 8th—C.F.M. office—correspondence. After early lunch to Haldon Pastures, Hororata (Gilbert H. Grigg). Met Drafter Manston who, with his dog in the luggage boot, drove us to Haldon Pastures. Unfortunately, Mr. Grigg could not avoid being away at a Council meeting but his sons received
Watched drafting method, the rejected lambs then being dipped by a side tip-in system as opposed to the walk-in method in some other places.

Taken to see stud ewes, fields of rape and lucerne, the latter being grown for hay. In this latter connection hay conditioner, i.e., a portable rolling machine, is used which flattens the stems and provides for very rapid drying, the hay being ready for stacking in twenty-four hours. Very large trout in the clear stream running through the property. Beautiful home and garden including two tennis courts. The farm consists of 1,400 acres with a production of 1,200–1,500 fat lambs per annum. Staff consists of one tractorman while Mrs. Grigg looks after the garden. The small staffs on New Zealand farms are made possible in part by the contracting method whereby shearing and other seasonal jobs are carried out by visiting gangs.

(To be continued)
An old Friend in a new wrapping

The new Crelos pack in which Sainsbury’s margarine will be on sale on May 10th.
To those housewives whose experience of margarine has been limited to that produced as part of the fats ration for nearly 15 years, Crelos (and, let us be fair, other branded margarines as well) will come as something of a surprise, to put it mildly. The word margarine at present conjures up a picture of a yellow, somewhat brittle substance with a “margy” flavour, which even the most optimistic of advertising agents would hardly dare to say could be mistaken for butter. But this margarine, it must be remembered, was made to a certain standard and moreover made to keep and indeed it served its purpose well. The new margarines will be made from more carefully selected ingredients and CRELOS, in particular, from the best of these better ingredients and will be very far removed from the Standard quality product. CRELOS will be very much nearer to butter in flavour, texture and “spreadability”, than to standard margarine—in fact we would be so bold to say that it will take a keen palate to distinguish it from butter when it is used on bread. One very essential difference between the new and the old margarine will be that CRELOS will be a perishable article and we shall have to treat it as such. Whereas standard margarine would not deteriorate to any great degree in storage, CRELOS must be sold and eaten fresh—the fresher the better—and we shall have to educate the housewife—who in the last few years has probably thought nothing of keeping a pound or two of margarine in the cupboard—to buy it as she wants it.

You may well ask how we can claim that CRELOS will be a better article than the widely advertised brands? The answer to that one is that CRELOS will be made, as we have said, from a super selection of raw materials which are still hard to come by and this shortage prevents the manufacture of this quality product on a really national scale. It will be dearer by a copper or two than Stork, which we plan to sell as well, but we are confident that our customers will consider the extra coppers well spent. To take a load off your minds, we are pleased to say that, unlike the pre-war article, CRELOS will be prepacked in half-pound packets—the designs for the new pack are already complete—and we are hoping we have a card up our sleeve as far as the packaging material is concerned.

CRELOS will be vitamin reinforced to the new agreed improved standard—here's to CRELOS—here's health.
Two groups of members of the Secoy Rifle Group. Behind the group above can be seen on the wall the club's shield, work of one of the Works Department signwriters.
The Secoy Rifle Group

An account by Mr. R. A. G. Lee of the activities of the J.S. Rifle Club.

The Rifle Group has been functioning for about 10 years, and no doubt many readers will be interested to learn about its formation and current activities. The present rifle range was made available by the firm in 1940, for the training of the South East London Zone Home Guard members, and some fifteen hundred passed through in the course of its operational life until 1945. When the Home Guard disbanded, five of their number, having become quite attached to rifle-shooting, felt that if possible they would like to continue with this grand sport. The firm generously agreed to leave the premises available—and after much thought and deliberation, these few enthusiasts formed the nucleus of a J. Sainsbury Rifle Club. One of the first things to be decided was a name for the group and having in mind the close
association with the S. E. London Coy. of the Home Guard, the name "SECOY" very soon emerged. Thus, in November, 1945, the Secoy Rifle Club was born.

Like all other new ventures it had its teething troubles, but the keenness of the "few" ensured its success. During the years a great number have tried their skill at .22 shooting and although many have not kept it up, we still have an active membership of about fifty. In common with other Groups and Sections, the Rifle Club is run by a committee of members, democratically elected each year, and owes its success to the keenness of the voluntary workers. The 25-yd. range is situated in the lower part of Wakefield House at the rear of Blackfriars branch, and here we meet on Mondays and Thursdays of each week between approximately 6 and 9 p.m. Although our standard of shooting is not exceptional, the present members are a very happy band, most of whom have been together for some years.

The Club is affiliated to the N.S.R.A. and the N.R.A., and has a varied programme throughout the year, currently having three teams entered in winter leagues run by the above associa-
Mrs. Jay, statistical officer for the club, looks after the scoring besides doing plenty of shooting herself.

These are postal competitions, the cards being shot weekly and forwarded to an independent Statistical Officer who scores them and returns the results. Many friendly matches are held on this basis and although our opponents are generally London clubs, we have gone further afield having only recently fired against a team in Ceylon. Shoulder to shoulder matches are also arranged when our programme permits, and some of our members have represented the Club in London and Surrey open competitions. In the summer season of 1953, the “A” team were fortunate enough to head their league in the London Small Bore League and so qualified to shoot in the finals.
Spanish Holiday

An account by Derek McCord, Senior Leading Salesman of High Barnet, of observations made of the retail food trade in Spain during a holiday there last summer.

MAJORCA, often called "The Golden Isle" because of its mild climate, is the largest of the Balearic Islands. It lies in the western Mediterranean Sea about 125 miles south and slightly east of Barcelona. It is a green, fertile, pine-forested island with some 325,000 inhabitants, 140,000 of whom have gathered in Palma, the capital. The Majorcans are a happy people and seem to live an easy-going and peaceful existence. They also give the im-
pression of being staid, moral, ungrasping and exceptionally honest. Most Majorcans are strict Catholics, yet do not seem to hold the church in as much awe as their Irish counterparts.

The main shopping centre of Palma is known locally as the Borne and in this and the narrow streets which lead up to the Plaza Cort and the Plaza Mayor—two of its principal squares, you can buy anything from American cigarettes (Black Market price) to a hindquarter of beef. The shops, generally speaking, are rather drab and not over-hygienic though there are one or two exceptions. Wine plays a very important part in the daily trade and all shops devote half of their display room to the showing of various brands.

The cost of living for a visitor to Majorca is exceptionally low and has to be experienced to be believed. This cheapness of living has brought many Spaniards from the mainland to settle down in the island. Food is much cheaper and better than on the mainland, mainly because the island produces pigs, cattle, sheep and an infinite variety of vegetables and fruit.

Barcelona is the largest and considered the most prosperous city in Spain. It is also the most industrialised and commercial. The cost of living, as in Majorca, is low but it is higher than any other city in the country. The Avenida Jose Antonio Primo de Rivera, called Jose Antonio for short, is the principal street, stretching for several miles. This is closely linked with the Ramblas which, with its broad tree-shaded pavements, is the main shopping area. On the south side there are numerous large covered-in markets where food of all kinds is sold. Particularly interesting to myself were the fresh meat stalls where all the boning, cutting and weighing is done mainly by women, in full view of the customer; these women not only seem adept at their work but also very quick and persistent saleswomen. For this they receive the equivalent of 20 shillings per week.

Scissors are the only tools used for cutting chicken which is displayed on very similar lines to our own. They are fairly cheap and in good supply, being brought in from the country, sold to the retailer, killed, plucked and resold in the markets all in the space of a few hours. I was lucky enough to see some plucking in progress, the system being for one man to start plucking in the centre of a group of girls while they try to keep up with the very fast pace he sets.
Canned goods consist mainly of various fishes and jams. The cooked meat stalls are very colourful with highly spiced sausages, cooked ham, bacon and many kinds of unrecognisable rolled meats. Competition is very keen and I was informed by one trader that it is quite normal for prices to be continuously changing throughout the day.

To the English palate, cooked food and wines in Spain are definitely an acquired taste; except in the very expensive hotels and restaurants, meat such as mutton, lamb and goat is of poor quality. Pork, beef and ham are excellent and so are the mortadella sausage and many other by-products of the pig. Kidneys and liver are very palatable, though often highly spiced. Fresh tunny fish and fresh sardines are very popular; also lobsters and prawns cooked "a la plancha", that is, on a red-hot sheet of iron. Shellfish are plentiful as are calamares or young octopus which are stewed in their own ink.

Spanish wines, brandies and liqueurs, though little known in England, are of high quality. Most best brands of sherry are unobtainable as they are all earmarked for export, but red and white wines, as in France, are in daily use at the table. I found the white draught wine better than the red, less heady and more thirst quenching. Many aperitifs with strong aniseed flavours such as pernod, absinthe and anis are very cheap and very strong. Beer is light and sweet. Champagne varies a great deal but Domecq's and Fundador's, merchants well known in this country for their sherry, are good and very reasonable. Lastly, the brandies, though burning to the throat, are excellent in their warming qualities.

Times of business for most shops appeared to be from 8 a.m. till 9 and 10 p.m. with from two to three hours off for siesta after the mid-day meal. Small, one-man businesses were often open until the early hours of the morning. An average wage for a tradesman is 30 shillings per week and many men have other employment as a sideline to augment their incomes.

The night life in Barcelona is fairly active until about three in the morning, but it must be remembered that dinner is not served till 9 or 10 p.m., and the coolness of the late hours is preferred to the heat of the day.

In the main, the Spanish are a good looking race, particularly when they are young. The men are slender and their carriage
very graceful. Generally they are small-boned, well set and walk with an unconscious dignity. The women are apt to be on the short and broad side but despite this they walk and move with superb and confident ease.

The national game is pelota which is a game requiring extraordinary skill for the ball is thrown and caught in a curved scoop made of basketwork. Roughly speaking the rules are similar to those used in fives or rackets but the courts used are much larger, so teams of three, four, or six compete in a match. Professionals make large salaries as there is a good deal of betting on individual rallies as well as for league competitions. Bull fighting is still the most popular sport in Spain, its origin going back to the time when the country was over-run with wild bulls, but football is immensely popular and also considered a national game.
In Northumberland (and at points further south) there is a charming Easter custom of making what are called “pace” eggs for the picnics of Easter Monday. The eggs are usually prepared for the festivities by boiling them hard for about half-an-hour or more after they have been wrapped in strips of onion skin or of various coloured cloths of which the dye is known not to be fast. The strips of cloth are tied at different angles around the eggs and often a layer of lace is tied first to leave its pattern as a fainter trace on the dyed surface. Onion skin gives a rich golden brown tone and a crystal or two of permanganate of potash will give a lush purple spot. The eggs with their wrappings tied tight with cotton are then ready for boiling. Then, come Monday lunchtime, the family take their eggs to a hilltop and starting together roll them down the hillside, chasing them to the bottom where the eggs are picked up battered, colourful but still edible. They are, by tradition in Northumberland, eaten with a blood-orange.
The Mayor of Southwark visits Head Office

BLACKFRIARS was honoured by a formal visit, on March 12th, by the Mayor of Southwark (Councillor Jno. J. Keen, J.P., L.C.C.) and the Mayoress, accompanied by a party of members of the Borough Council. The visit was one of a series arranged to enable members of the Council to acquire first-hand knowledge of the business activities within the Borough. The party were conducted on a brief tour of parts of the Warehouse, the Grocery Packing department, the branch at 13/15 Stamford Street and parts of the Factory, and were subsequently entertained by the Directors to tea in the Depot Canteen.
J.S. are always glad to co-operate with caterers and canteens by showing how the job is done. Here is Mr. Drury instructing a class of canteen workers in the subtleties of the butcher's art.

"Learning by Doing"

Mr. Drury of the Training Centre, gives a brief account of a J.S. Job that is to be increasingly important with the lifting of controls.

"Those starting on the Practical Fresh Meat Course please assemble in Room 1." The time and place—any Monday morning in the J.S. Training Centre. Expected trainees have been checked, and formed into groups of 8, each to work in a separate room. There the Instructors, drawn from a panel made up of Meat Supervisors and Head Butchers, are waiting to start the trainees on their three weeks course. The first few days are perhaps, somewhat bewildering to the chap who a few weeks before was on his way home from Malaya, or punching tickets on a bus, so our first efforts are to make him feel at ease in this new job. Precise and patient demonstration must now follow, and at this early stage we encourage the trainee to ask questions and to memorise the names of various cuts and particularly,
the uses for which they are best suited. By continuous repetition, progress has been made by the end of the first week. The pupil may be a little weary of the sight of the particular item he has been working on, but he has usually mastered it, and is ready to tackle a new phase during his second week.

This is, of course, the "Other End", either hind or fore quarters, the procedure being much as the previous week. By repetition, demonstration, explanation, persistence and patience, we lay the foundation for the final week's training.

By this time all the trainees are well acquainted, a spirit of competition has crept in, and all are full of the prospect of the final stage, that of conjuring attractive and satisfactory joints from the mass of meat which constitutes an ox.

From time to time we are called upon to undertake the instruction of men who will prepare meat in the factory. Everyone will remember the introduction of the present method of preparing gammons for the cooked meat trade, when for some time prior to "Operation Gammon" the teaching staff of factory and Training Centre were busily engaged in training personnel in the newly developed technique.

Training by the present methods, in which the pupil participates in a practical way, and "Learning by Doing" has been found to be very much more effective than by demonstration alone. It is now past history that our first efforts in this direction were in the early days of hostilities when we were faced with the need to train women to help in the firm's fresh meat department. The experience gained in this early and unusual venture was invaluable when the Training Centre was set up in 1946.

The reward of the Instructor is in the knowledge that he has contributed towards the launching of yet more J.S. men to play their part in the fresh meat department, and has passed on the benefit of his experience to the new generation. A generation who are going into the business at a most exciting period. "Meat off the Ration in July"; how we have longed for the day. The Training Centre has, in its time, had to face many problems, and more lie ahead, but all effort is being made to send the trainee to his first branch capable of making his weight felt, and feeling very much more familiar with J.S. principles and methods than was the writer at his own initiation something over 30 years ago.
Easter Baking

Simnel Cake

\[ \frac{1}{2} \text{ lb. self-raising flour.} \]
\[ 1 \text{ teaspoonful mixed spice.} \]
\[ \frac{1}{2} \text{ teaspoonful cinnamon.} \]
\[ 4 \text{ ozs. butter.} \]
\[ 4 \text{ ozs. castor sugar.} \]
\[ \frac{1}{2} \text{ lemon.} \]
\[ 4 \text{ ozs. raisins (stoneless)} \]
\[ 4 \text{ ozs. sultanas.} \]
\[ 4 \text{ ozs. currants.} \]
\[ 2 \text{ ozs. candied peel.} \]
\[ 2 \text{ eggs.} \]
\[ 8 \text{ drops orange flower water.} \]
\[ \text{salt.} \]

METHOD
Line a tin with greaseproof paper and make the almond paste. Sieve the castor sugar and icing sugar and mix them together. Add the ground almonds, now the lemon juice (strained), and orange flower water drops and stir all thoroughly together. Beat an egg, add it to the mixture and knead to a paste. Take a third of the mixture and form into a round flat cake on a sugar-dusted board.

CAKE METHOD
Add a good pinch of salt to flour and put through a sieve. Shred the peel, blanch and chop the almonds finely. Grate the lemon rind and strain the juice. Beat the castor sugar and butter to a soft cream and still beating well add the spices and grated lemon rind. Beat the eggs and add to the mixture a little at a time. Beat until the mixture is quite smooth. Now, still beating well, add the

ALMOND ICING

\[ \frac{3}{4} \text{ ground almonds.} \]
\[ 10 \text{ ozs. icing sugar.} \]
\[ \frac{1}{2} \text{ lb. castor sugar.} \]
\[ \frac{1}{2} \text{ lemon.} \]
\[ 10 \text{ drops orange flower water.} \]
\[ 1 \text{ new laid egg.} \]
flour, then the fruit, almonds and lemon juice. Put half the mixture into the prepared tin, put the almond paste on top, then cover with the remainder of the mixture. Cook in a moderate oven for two hours.

Allow cake to cool and spread the remainder of paste on the top and decorate. Put back in a quick oven and brown.

**Easter Biscuits**

<table>
<thead>
<tr>
<th>½ lb. flour.</th>
<th>2 ozs. currants.</th>
</tr>
</thead>
<tbody>
<tr>
<td>¼ lb. castor sugar.</td>
<td>¼ lb. margarine.</td>
</tr>
<tr>
<td>2 eggs.</td>
<td>Pinch of salt.</td>
</tr>
<tr>
<td>1 teaspoonful cinnamon</td>
<td></td>
</tr>
</tbody>
</table>

**METHOD**

Sieve flour, salt and cinnamon. Rub in fat. Beat yolks of eggs and stir lightly into the mixture. If too dry add white of 1 egg. Clean and add the currants and form all into a fairly stiff paste. Roll out very thinly and cut with fluted cutter about three inches in diameter. Place on greased baking tin and bake until very pale brown on Rego 3 for 10-15 minutes.

**Hot Cross Buns**

<table>
<thead>
<tr>
<th>1 lb. flour.</th>
<th>1 oz. yeast.</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 ozs. currants.</td>
<td>½ teaspoonful mixed spice.</td>
</tr>
<tr>
<td>4 ozs. margarine.</td>
<td>Good pinch of salt.</td>
</tr>
<tr>
<td>4 ozs. sugar.</td>
<td>⅓ pint of milk.</td>
</tr>
</tbody>
</table>

**METHOD**

Cream yeast with a teaspoonful of sugar. Sieve the flour, add sugar and mix well. Now add currants, spice and salt. Mix thoroughly, and make a hole in centre. Pour into it the yeast and the milk, made lukewarm. Mix the surrounding flour only with the liquid to a thin paste—sprinkle with dry flour and set the bowl in a warm place to rise for one hour. When it has well risen, add the melted butter and mix in sufficient milk to form the mixture into a soft dough. Set aside for another half-an-hour, then form the dough into buns. Cook in a hot oven, Rego, 7 for 15 minutes. When they are almost done mark them with a cross and brush the tops with a mixture of liquid butter and milk.
We can foresee the development of machinery that will make it possible to consult information in a library automatically. Suppose that you go into the library of the future and wish to look up ways for making biscuits. You will be able to dial into the catalogue machine "making biscuits". There will be a flutter of movie film in the machine. Soon it will stop, and, in front of you on the screen, will be projected the part of the catalogue which shows the names of three or four books containing recipes for biscuits. If you are satisfied, you will press a button; a copy of what you saw will be made for you and come out of the machine.

After further development, all the pages of all books will be available by machine. Then, when you press the right button, you will be able to get from the machine a copy of the exact recipe for biscuits that you chose.

We are not yet at the end of foreseeable development. There will be a third stage. You will then have in your home an automatic cooking machine operated by programme tapes. You will stock it with various supplies, and it will put together and cook whatever dishes you desire. Then, what you will need from the library will be a programme or routine on magnetic tape to control your automatic cook. And the library, instead of producing a pictorial copy of the recipe for you to read and apply, will produce a routine on magnetic tape for controlling your cooking machine so that you will actually get excellent biscuits!

From GIANT BRAINS or MACHINES THAT THINK by E. C. BERKELEY
Four Months in the Canadian Arctic

by H. R. THOMPSON

Readers of “J.S. Journal” will remember that in our issue for February, 1951, we published an article by Mr. Thompson on his experiences in Spitzbergen. We are glad to be able to publish this month an account of a recent expedition he made into the Arctic.

Four years after my visit to North East Land (Spitzbergen) with the 1949 Oxford expedition,1 another opportunity of going to the Arctic arose. This time the objective was Baffin Island,

1See J. S. JOURNAL, Vol. 4, pages 27–32 (February, 1951)
the largest and easternmost island in the Canadian archipelago. Colonel P. D. Baird, formerly of Scotland and now a director of the Arctic Institute of North America, was the leader of the 1953 venture.

The final party numbered fifteen men, including two Canadians, one American, one Norwegian, three English, four Swiss, and four Scots. Each of us had his own line of interest in natural history and our work was to be purely scientific; only one man was looking for economic minerals. Such large comprehensive expeditions are nowadays often replaced by teams concentrating on particular subjects, such as rocks; but co-operative efforts inevitably broaden the outlook and success of each specialist.

Fourteen tons of food and camping equipment were sent to Baffin Island by sea in 1952. We ourselves, with a hundred boxes of instruments and personal gear, were flown from Montreal to Frobisher air base in southern Baffin Island on May 12th, 1953. There we were met and ferried to Pangnirtung by a single-engined "Norseman" ski-plane.

On the Fringe of the Arctic Circle

Pangnirtung has a population of sixteen white people, including a mountie, a doctor, a missionary, the manager of the Hudson’s Bay Company trading store, and three hospital nurses. All the whites live in comfortable modern houses, well heated and insulated. The married men have their families with them.

Living in hunting camps most of the year, but coming to Pangnirtung for the annual “ship time”, are about seven hundred Eskimos. These tough, stocky, cheerful people—who remind me very strongly of the Gurkhas of Nepal—spend the darkness of winter trapping Arctic foxes. The fox furs are later turned over to the Hudson’s Bay store, in exchange for tea, coffee, sugar, cloth, rifles, ammunition, and many other products of civilisation. But the Pangnirtung Eskimo’s staple foods are still seal and fish, caught all through the year, by various methods, along the intricate coasts of Baffin Island. Each family has a sealskin or canvas tent as its only home, though these are often barricaded with peat blocks for winter insulation. The tents are fearfully overcrowded and, like most things Eskimo, very dirty.
At Pangnirtung, the members of the expedition had to sort out and repack most of the gear, piling each box according to the camp for which it was destined. On May 16th, 1953, only four days after leaving Montreal, Colonel Baird was able to set up the first inland camps. This achievement shows just how valuable a small sturdy plane like the “Norseman” can be, for it would have taken weeks to carry the same gear inland by sledge or on men’s backs. In particular, some of our heavy scientific instruments could not have been used.

Base Camp and Biological Camp were placed in a great valley known as Pangnirtung Pass, which has a length of sixty miles, a breadth of one to two miles, and a depth as great as one mile. Running up into the mountains on either side of the Pass are scores of valley glaciers, some of which lead to the Penny
Icecap, a tablecloth of ice and snow, 200 to 500 feet thick, lying on the upland rock-plateau. Two camps were placed on the Icecap itself, at 6,200 and 6,800 feet; and others were later established on one of the glaciers just mentioned.

From late-May to late-August we were able to concentrate on our scientific work. At the higher of the two Icecap camps, Svenn Orvig and Bill Ward co-operated in a study of glaciers and weather. They made meteorological observations every two hours and also measured density and temperature conditions in the ice and snow to a depth of 79 feet. On only eight days in eighty-six did the air temperature rise above freezing—this was “summer”—and the average air temperature for the year was proved to be about 8 degrees F.

The four Swiss members of the expedition worked their way from the 6,200 feet Icecap camp down a valley glacier to the Base Camp at 1,500 feet. Their job was to measure the thickness of the ice by exploding dynamite charges and measuring the time taken for echoes to come up from the bedrock below. One of the Swiss was also an excellent botanist: he studied the relationship between plants, temperature, moisture, soil, and frozen ground, at all altitudes.

The Complications of Geology

We had a geologist, of course, to map the rocks and their structures. He was very disappointed not to find any commercially valuable minerals, though he did locate a little low-grade coal. Ben Battle and I took Don Kidd’s information about the rocks as a starting point and then tried to discover how the hills, valleys, and boulder deposits had reached their present appearance. An experienced geographer can read a landscape’s history like a book; but Baffin Island landscapes are as complicated as Shakespeare!

The Arctic, contrary to many people’s notions, has plenty of animal life, so we took three zoologists along. Two of them worked on the coast, studying sea birds and shore animals. The third, a red-haired, red-bearded Scottish Highlander, came inland with the rest of us. He found that Colonel Baird had placed the Biological Camp in the middle of ten snowy owls’ nests. Now, the male snowy owl is a huge white bird which
dives at anyone coming near his wife’s nest or near his favourite perching places. And he not only dives, but he hits—hard. Every day, Adam used to go to the nearest nesting-boulder to weigh the baby owls—themselves a wicked looking crew—so as to trace their speed of growth. I was much more cowardly and only wished the parents would leave me alone.

**Living Conditions in the Arctic**

All our nights were spent in tents, of course, and our cooking was done over primus stoves, since there were no trees for firewood. Most of the food was tinned, but was otherwise quite similar to that at home. Curry and rice were very popular;

*The inland plateau is mantled by an icecap from which large outlet glaciers radiate.*
porridge, too, since the leader and several other men were Scots. Occasionally we caught some fish (Arctic char) or shot a hare or a ptarmigan; but true “living off the country” is a full-time occupation, allowing almost no time for scientific work.

When moving from one camp to another we had to carry loads of 70-90 lbs. This is unpleasant at the best of times, but on the enormous, loose, angular boulders of Pangnirtung Pass it is pestilential. Not only boulders had to be crossed, but wet, spongy moss vegetation, turbulent rivers and crevassed ice.

But all our trials were compensated for by magnificent mountain and glacier scenery. We found and climbed the highest peak in Baffin Island and examined jagged summits and deep canyons which no one had ever trodden before. In fine weather—which prevailed during about half our time in the field—life was infinitely worth living for the views of the scenery alone. Unfortunately the fine weather of July also brought out swarms of mosquitoes, especially and appropriately at the Biological Camp.

And so Back Home

Everything comes to an end, and in mid-August an R.C.A.F. “Catalina” carried our heavy gear from the Base to Pangnirtung settlement. We ourselves reached Pangnirtung on August 29th, sailing for Quebec aboard the Government supply ship, C. D. Howe, on September 7th, 1953.

The expedition had been a wonderful experience, leaving us with countless memories and creating the surest of friendships. The break with civilisation was a most welcome tonic, yet we were all glad to get back to its pleasant features after so long in the wilds. Above all, we had completed our scientific programme and had thus justified the expedition’s existence.
The butter weighing room on the first floor. This is sited where the dining room used to be. The dining room and a modern well-equipped kitchen is now on the second floor.

DERBY'S new look

The goods lift entrance in the rear yard. The lift serves the warehouse on the first floor and mobile racks take goods from the van direct to the stacking area.
Preparation Rooms

The very limited space available for preparation rooms on the ground floor has meant that most careful planning to make every inch of space usable was essential. These two pictures show the new layout. Refrigeration has been provided on ground and first floors.
In the Shop

The picture above shows the refrigerated cabinets of the Dairy department. On the right is the new grocery department to the rear of the cabinets above. Both counters are serviced by an electric hoist from the first floor warehouse.
Southampton Progress

Above is a general view of the shop looking towards the main entrance. Recess on the right will be part of the shop and the hole in the floor left is for the refrigerating lines to come through. Right is a view of the roof and, below, the basement.
Olde Tyme at Blackfriars

At the Canteen on March 6th was held N. Section’s Olde Tyme Dance. The Edwardian Old Time Orchestra played for the evening and demonstrations of the gay old dances were given. On the right is Mrs. K. Curtis presenting a raffle prize to Mr. A. Garwood. Mr. O’Brien, organiser of the dance is between them.
Winners of G Section cooked meats sales competition, 58 Rushey Green, Catford, pose with the cup. Back row (from left to right): Mr. H. Clark, Mrs. D. Dixon, Mr. F. C. Cowey, Miss G. Parfitt, Mr. G. Matthews. Front row: Mrs. E. King, Mrs. M. Alexander, Mr. W. Moss, Mrs. V. Paddock, Miss A. Boots.

J.S. Staff at Bognor photographed at their January Party.
When Surbiton held their Staff Party at the British Legion Hall, among the guests were some of the disabled veterans of World War I who live and work at Roehampton. One of them is seen here in the centre of the picture with (on his left and heavily disguised) Manager Brooks of 97 Kingston and peeping over his right shoulder, Mr. Walter, District Superintendent. On the extreme left is Mr. Curtis, retired manager of 97 Kingston.

Veteran Fisherman
Mr. Youl, well known at Blackfriars where he was in the warehouse, always enjoyed fishing. Now in retirement he writes that he never tires of fishing on Sheringham beach, enjoying every minute of it.
Kitchen’s Kiddies go to a Circus

Too late for our last issue, V Section’s January Party for 150 parents and children was a great success. At Jack Hylton’s Earls Court Circus, a pleasant and popular event was the visit of the clowns to the J.S. Party. After the circus they all had tea at Blackfriars and departed clutching sweets and apples.
School half-term at Grange Hill on March 2nd and 3rd was celebrated by J.S. when over seven hundred photographs of local children were taken at the branch. Four contented visitors are seen on the left.

At the “Red Lion”, Colchester, on February 13th. Colchester branch held their annual dinner and dance, attended by about 60 people. Above are Manager T. R. Welham with (LEFT) his wife, and (RIGHT) Mr. H. J. Dyer, District Supervisor, and Mr. H. C. Hylton.

At 13/15 Stamford Street a customer is interviewed by a B.B.C. announcer for the Danish service. The broadcast in which Mr. Alan took part dealt with the future of trade in Danish butter following de-control on May 8th.
Surbiton's Double Event

At the British Legion Hall, "T" Surbiton Section held two grand parties on the afternoon and evening of January 30th. 144 children and 300 adults, in all, took part in the festivities. Above is Peter Panda handing out small hats to small ladies. RIGHT, some of the back-room workers keeping the kettle boiling. BELOW LEFT is Mr. S. Walter in a very convincing performance as Father Christmas and (RIGHT) some of the visitors from Esher.
The following transfers will be of interest to many members of staff:

**MANAGEMENT**

W. B. Black (Spare List) to 87 Balham
H. K. Stevens (Personal Assistant to Mr. Pagden) to Lee Green
L. Tuck (87 Balham) to Spare List

**ASSISTANT MANAGER**

K. P. Wood (Seaford) to 31 Eastbourne

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**MAR RiAGE** (BETWEEN MEMBERS OF J.S. STAFF)

We offer our best wishes for their future happiness to:

Miss B. Edwards and Mr. J. Hartnup of The Grove, on the occasion of their marriage on the 20th February, 1954.
Mr. P. R. Robinson, H.O., and Miss M. Charlton, Mechanised, 13th February, 1954.
Mr. L. Stead, Poultry Dept., and Miss G. S. Baggett, Grocery Packing, 6th March, 1954.
Mr. A. W. Garwood, Warehouse, and Miss D. L. Longmate, Stores Dept., 20th February, 1954.
Miss M. Alecici to Mr. D. Perrv, both of the factory, on 6th February, 1954.
Miss J. Chandler to Mr. T. R. Clieste, both of the factory, on 27th March, 1954.
Miss A. Azario to Mr. G. Clynes, both of the factory, on 27th March, 1954.

Congratulations to Mrs. A. P. Lloyd on the occasion of her silver wedding on 23rd February. Mrs. Lloyd has been a member of the staff at 48 Chapel Market for nearly twelve years.

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**CONGRATULATIONS**

The annual presentation has been made to Miss D. E. Hawkins, First Clerk, Apex Corner, who completed 25 years’ service during 1954.
RETIREMENTS

It is with considerable regret that we have to announce that, following advice from his doctor, Mr. W. A. Farrant has retired from the active management of our Egg Collecting Organisation in the Eastern Counties.

Mr. Farrant was engaged by Mr. Frank early in 1919 and commenced his career at the Egg Office at Little Wratting. He later became assistant to Mr. Poole, who was at that time responsible to Mr. Frank for the Egg Collecting and Packing Stations. On Mr. Poole's retirement in 1943 Mr. Farrant assumed full control.

Whilst Mr. Farrant will no longer be taking an active part in the control of the Egg Collecting and Packing Stations, we are very pleased to be able to say that he will be available for consultation and, in this way, his long and wide experience of the Egg Business will be available to the firm. He also hopes, from time to time, to visit his former colleagues at the Egg Depots.

We are sure that all at J.S. will wish him a long and happy retirement.

OBITUARY

On 21st February, 1954, Mr. J. Hulse died as the result of a road accident. Mr. Hulse joined the firm in January, 1939, straight from school and went to 124 Ilford and commenced a promising career. He went on National Service in 1943 when he served in the Navy. In 1946 he returned to 124 Ilford and, in 1948, as a Leading Butcher, he went to Dagenham, after which he relieved as Head Butcher at various branches in the district until in May, 1951, he was appointed Head Butcher at 17, Forest Gate, a position which he held until his tragic accident. We shall greatly miss this promising young man and extend our deepest sympathy to Mrs. Hulse and her son.

Mr. W. A. Heales retired in 1946 from the factory after forty-three years' service. He died suddenly on the 13th February. We sympathise deeply with Mrs. Heales.

Mr. A. G. Hartley had a stroke on the 15th February, and died five days later. He retired from the depot in 1943 after twenty-five years' service. Mrs. Hartley can know we sympathise with her in her sorrow.

Mr. W. F. Adams died suddenly on 28th February. He retired from the depot in 1944 after twenty-nine years' service. We sympathise deeply with his family in their loss.

Mr. George Peryer of 9/11 Croydon, collapsed and died on a bus on his way to work on 22nd March. Mr. Peryer joined the firm in 1924. He went into the R.A.M.C. in 1941, and on his return in November, 1945, worked at 122 Croydon. Subsequently he was transferred to 9/11 Croydon, and was made a senior leading Salesman when the grade was established in July, 1953. Our sympathy is extended to Mrs. Peryer and her son in their sudden and unhappy loss.

NEWS OF J.S. STAFF ON NATIONAL SERVICE

The following are extracts from some of the letters we have received recently from our men on National Service:—

T. COWDEN, Fingware. Hythe (Army). Has now returned to England
after a period in Hong Kong. Is at the moment just completing a special course which gives him very little spare time.

N. R. BEST, Westbourne. Aldershot (Army). After spending two weeks in a Selection Wing has been selected as a potential N.C.O. and expects to go to St. Omer for a special course in cookery.

J. W. IRESTONE, Tothorpe. Germany (R.A.F.). Was successful in passing his trade test and now has the job of Storeman. Can already speak a little German and has made a number of local friends.

P. M. DALE, 21 Watford. Aldershot (Army). Attached to the Army Catering Corps and is at the T.A. weekend training centre. Seems to have an easy time during the week but is very busy on Saturdays and Sundays.

D. F. COX, 189 Kensington. Egypt (Army). Had a very interesting journey from England and visited several ports on the way. Seems to be having a fairly easy time so far and the favourite way of travelling cheaply is by taxi (with 13 men aboard).

R. J. FISHER, North Cheam. Egypt (Army). Is at the same camp as Cox and he too seems to be having a reasonable time so far. Seems to have been one of the few aboard who were not ill when crossing the Bay of Biscay.

D. A. HOLLEY, Apex Corner. Guildford (Army). Is a L.Cpl. in charge in the Armourers' Shop. Is not too keen on the food but has the consolation of being stationed very near to his home.

J. T. KINCHEN, 94 The Wilds. Chichester (R.A.F.). Seems to have plenty of opportunities for sport and is also able to attend education classes. Is employed as an equipment clerk and has recently been promoted to L.A.C.

C. E. KNOWLDEN, 314 Fulham. Germany (Army). Is stationed at Gatow Airfield, Berlin, and apart from the vast open spaces which makes the wind rather chilly, he finds conditions quite reasonable. Had a good deal of extra duties to do during the “Big Four” talks.

F. LEE, Colechester. Aldershot (Army). Has settled down fairly well after his short period in uniform. Has been placed in the R.A.M.C. which rather surprised him but he seems to think that he is going to like the work.

A. MILLER, Wembley. Woking (Army). Is now at the Military Police Depot and so far finds the course very interesting. Living conditions are apparently extremely good.

W. MITCHELL, South Harrow. Northern Ireland (Army). Has so far enjoyed his army life, although he is finding it a little cold. However, he expects to be posted either to Kenya or Egypt to join the Royal Inniskillen Fusiliers.

M. P. MOORE, Barking. Korea (Army). Unfortunately had an accident some weeks ago which resulted in one or two nasty gashes, but we are glad to say he has now recovered. Is at the moment on an N.C.O’s course and is hoping to get promotion soon.

W. A. MORROW, 140 Finchley. West Kirby (R.A.F.). Is now doing his basic training course and has so far quite enjoyed it. Has to get up at 6 o’clock in the morning nowadays, but is gradually getting used to it.

J. A. PASSANT, Forest Hill. Gloucester (Army). Has been stationed at Catterick, Woolwich and now at Gloucester during his period in the Army so far. Finds conditions reasonable apart from the fact that he has recently had a spell of night work.

M. E. REYNOLDS, Winchcomb Hill. Yatesbury (R.A.F.). Has just completed a six weeks training course as a Radar Operator. Living conditions are
very good with plenty of entertainment. This is just as well as he is quite some distance from the nearest town.

R. A. ROE, Blackheath. Southampton (Army). Has now had his fifth move in ten months. The Command Supply Depot to which he is attached is a very small one and there are far less restrictions than there were at his previous camp at Aldershot.

J. W. SAYLE, Wood Green. Wilmslow (R.A.F.). Is still on his initial training course, but has been unable to do the usual amount of parade drill owing to heavy snow.

L. C. SKELLON, Boscombe. Egypt (Army). Has now arrived at Fanara after a very interesting journey from England. Was working in the Butcher's shop but found that cutting at sea was rather different from what he had been used to. Hopes to join the Regimental Police, but is a little doubtful as to whether he is tall enough.

M. T. WARD, 57 Kingston. Germany (R.A.F.). Is at the moment in hospital at Wegberg where he has had an operation. He is well on the way to recovery, after a period of convalescence at one of the rest camps.

L. F. WEBBER, Crouch End. Northampton (Army). Has recently been on a course with a view to becoming an Instructor of new recruits. Expects to go to Devizes some time in March for a further course.

C. J. WOOTTON, 2/4 Ealing. Henlow (R.A.F.). At the moment in charge of the Sick Quarters, Treatment Room. Seems to enjoy his work very much and has been keeping very fit.

M. H. ASHFORD, Kingsbury. Hong Kong (Army). In the R.A.M.C. and attached to a General Hospital. Had a very busy time at Christmas with accidents of various kinds and was also involved in a very big fire which resulted in thousands of people being rendered homeless.

J. P. BOSS, Dagenham. Germany (Army). Flew from Egypt to Kenya to help with the Mau Mau trouble there and eventually the battalion was posted back to England and then Germany. Is stationed in the Dortmund area in barracks which are very comfortable and modern. Finds it very different from living conditions in Kenya.

R. D. FADE, Caterham. Stockbridge (Army). Finds his present camp very much better than at Devizes. Has now been made a Regimental Policeman.