

Home

JUNE 1964

M A G A Z I N E

TAMWORTH EDITION





YIPPEE!
WHEATSHEAF
RICE
PUDDING
that's for me!

and so say all the family

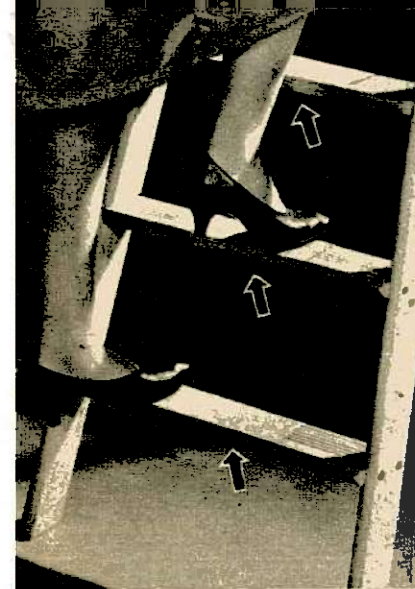
**SO QUICK TO PREPARE
SO GOOD TO EAT**

NOW 10½^d

**Wheatsheaf
RICE
PUDDING**

MADE WITH FULL CREAM MILK

FROM CO-OPERATIVE STORES



Take this step—and you will be safer

IN house cleaning, with thoughts of many things that can mar progress, one good idea, when household steps are being used, is to tack a piece of glass paper to centre of treads. It helps to get a good foothold.

Mrs B. R. Stevens,
London, N.W.5.

COATS IN JUMBLE

My girl friend and I visited a youth club. Not knowing where the cloakroom was, we put our coats on top of some we saw in the hall. When we went to collect them, they were missing. We told the warden, who burst out laughing. A jumble sale was being arranged, and we had put our coats among the jumble. We found them on the counters—with a 7s. 6d. price tag on them.

Miss J. Lowe,
Stretford.

THREE HATES

The three things I hate most are wet Mondays, wet paint and wet nappies!

Mrs B. Lawrence,
Bradford, Yorks.

HAPPY EVENT

My husband, driving his lorry, had to brake at the maternity hospital as, through the gateway and across the road walked a proud mother, a wild duck, followed by her 12 babies. Seemingly mother had paid a visit for the 'happy event' and was taking her babies home.

Mrs W. Hicks,
Cirencester, Glos.

KEEPING FIT

There is a book in the public library that I dread to see. It's on how to keep fit. My husband brings it home about once a year. Then, it's brown bread, brown sugar, dates, fresh fruit, steamed fish, and nuts—until the happy day when husband suddenly says: "I could eat some chips." It's over for another year. Back to treacle sponge and dumplings; what a relief!

Fat and forty,
Wakfield, Yorks.

CO-OP MEMORIES

I remember the Co-operative meetings of over 50 years ago at Equity Hall, Chesham. They opened and closed with a hymn. During the winter there were competitions, in which boys cleaned their boots, and the girls cleaned half a dozen spoons. I won the second prize, valued 15s. It consisted of a packet or tin of everything the CWS made, each competitor keeping the cleaning outfit. In the summer we had a fete with races and swings.

C. Copperwaite,
Edgware, Middlesex.

SCUTTLE SAVER

To protect the bottom of a coal scuttle cut two thicknesses of lino the same size. The scuttle will give years of extra wear.

Mrs Florence Fowler,
Minehead, Somerset.

FAITHFUL MOTHER

My husband made a box for blue tits to nest in. At the end of summer he opened the box to take out the old nest, and to his horror found the mother bird sitting on 12 eggs, with wings spread out, dead. What happened we will never know, but the mother was faithful to the end.

Mrs Campbell,
Southampton.

OUR COVER

One fine day—and a fine predicament! Whichever way they turn, it's a pleasure to ride on CWS bicycles.

QUICK COOK

Keep an emergency stock of tinned goods, and stick on quick-making recipes. Then you are prepared for unexpected guests, with different menus to choose from.

Mrs M. Bailey,
Poole, Dorset.

KIND SCOTS

A letter in a daily paper, sent by a Scotsman, said Scots people had the reputation of being mean. I will not accept that. The Scots were my best friends during my nine years in Canada, with my family. They helped us to get our home together, and a Scots programme on TV always brings back memories of their kindness to me.

Mrs E. M. Hankins
Rubery, Birmingham.

THE LAP OF LUXURY

My family love CWS steak puddings. I put on four to heat. Lunchtime came and on dishing up, what had I done? Three lovely steak pudds, one CWS cat food, all hot! Result—one disappointed son, one happy cat, who approved of his hot dinner!

Mrs M. Ford,
Dagenham.

YOU WRITE

Guinea letters

WE PAY

TAKE A TIP—1

When oiling a sewing machine, slip two thick sheets of blotting paper under the needle and sew through them a few times. The blotting paper absorbs any surplus oil and the material is not soiled when the machine is used again.

Mrs E. Shreeve,
Romford, Essex.

TAKE A TIP—2

Use holiday snaps and postcards for table mats by sticking on lino tiles and covering with transparent plastic.

Mrs E. Matthias,
London, S.E.5.

PICTURE STORY

My two-year-old nephew Sean sat looking at his parents' wedding photograph. Asked what they were doing on the photo, he replied: "Looking for Sean." Appropriate, don't you think?

S. Noonan,
Middleton, Lancs.

THE NEW BABY

Soon after my baby daughter was born, my son, aged eight, came home from school and asked his daddy: "What is sex?" Thinking the children at school had been talking, daddy explained as delicately as possible, then asked our son why he wanted to know. "Oh, nothing really," replied he, "only teacher asked me today what sex our new baby was."

Mrs J. C. Hall,
Stockport.



"I could eat some chips!"

JUNE, 1964

Vol. 69, No. 6

Write to Eve Norman, Home Magazine, 1 Balloon Street, Manchester 4, not more than 100 words, please. We will pay a guinea for each letter published.

HIDE AND SEEK with a camera!

HUNTING with a camera is a game of skill and patience, played against the cunning of nature's folk. You shoot, but not to kill or harm, and your quarry lives to give you sport another day.

You feel a tremendous thrill as you advance cautiously upon some wood or stream, with a virgin film in your camera, but often the wild folk will outwit you.

For nature photography is primarily a matter of getting at close quarters, and very few creatures are sitting targets. If they were, the underlying challenge would be missing. So, tactics count as much as actual camera-craft.

Go with a friend, to assist in setting up the hide, and to keep a look-out for unexpected shots.

I teamed up with another enthusiast and between us we mustered a folding camera having a 4.5 lens and shutter speeds up to 1/100th sec. Pictures can be successfully taken at speeds of 1/25th or 1/50th sec. A second-hand telephoto lens, giving five magnifications, a light-weight telescopic metal tripod, and a supply of flash-bulbs constituted our gear.

In one of the woods was a lake fed by a stream, the home of water-birds, and the haunt of the gaily-plumaged kingfisher.

We set out armed with three spools of film, but returned home that evening without having opened the camera

shutter once. Although we explored the wood thoroughly, the only glimpse of wild life we had was the tail of a rabbit.

Our woodcraft was hopeless. Every creature in that wood was doubtless on its guard from the moment we arrived. You can possess the best gear in the world, but unless you remember that most creatures have superior sense of sight, hearing or smell to humans—and some seem to possess all three—it's most unlikely you'll get within camera range of your quarry.

Underground dwellers are sensitive to the vibrations of human footsteps and have early warning of approach. Remember to advance towards any quarry *against* the wind; and learn the value of "freezing," remaining motionless for long periods.

After our fruitless first venture, we set to work to construct a "hide." We cut three poles, each about seven feet long, and tied them together at the top to form a kind of wigwam, which we then draped with sacking. In each of the three sides we cut small observation holes.

Sometimes, when our camera has been trained on a spot in front of the hide, some animal or bird appeared to the rear. The unexpected must always be expected.

Apertures must also be cut to project the camera lens. A couple of folding camp stools helped to make us comfortable.

It is a good plan to erect the hide a day or so before you use to allay any creature's suspicions. Camouflage of leaves or bracken helps to give the structure a natural appearance. Enter the hide as quietly and as inconspicuously as possible. Remain perfectly silent.

Animals are not good at arithmetic. If two people enter the hide and one leaves almost immediately, a creature can be hoodwinked into believing that

by Trevor Holloway

the hide has been vacated. Several leading nature photographers adopt this ruse, and from my own experience I know it works.

Unless one has a reflex type camera, focusing should be done in advance, so that when animal or bird appears the

who took these pictures of nature's folk

shutter can be operated at once. Fortunately, most animals and birds observe certain habits. Birds arriving at their nest almost invariably alight on a certain twig. The underground dwellers, such as badgers and foxes, usually follow the same route approaching or leaving their earth. A good idea is to lay a newspaper with boldly printed headlines on a spot over which you expect the creature to pass, which enables the camera to be focused with maximum sharpness.

Baits can be used to lure a creature to a desired spot. I have found that badgers will throw caution to the winds, scenting honey or syrup. Otters go for really fresh fish, whilst scraps of bread or meat will attract attention, especially if placed in the same spot regularly. It is advisable to peg the bait to the ground so that the creature is obliged to stay and consume it on the spot, thus increasing your chance of getting a good picture.

The newcomer to nature photography cannot do better than concentrate on water birds. Coots, moorhens, grebes and swans oblige by swimming leisurely so you can choose the best moment to operate the shutter. Kingfishers are methodical. They follow definite routes to and from their nest, and have favourite branches and posts on which to alight. Keep an eye open for these spots and sooner or later, you should be able to get a worthwhile study.

Very often, "gardening" is necessary when photographing nests and eggs; opening up the foliage a little to allow the camera a good view of the nest. As far as possible, obstructing twigs should be tied back; if you do too much snipping off the twigs or leaves it is highly probable the parent birds will desert the nest, which is not only a tragedy, but ruins your chances of getting pictures of the youngsters when they hatch.

If a nest is in deep shade and you haven't any flash-bulbs handy, overcome

the problem with the aid of a piece of mirror glass to deflect the sun's light just where you want it.

A car can easily become a first-class mobile "hide." To an animal or bird it is no more alarming than the farm tractors and trailers to which they have long become accustomed. Park your car beside a lake or wood, screen the windows with improvised curtains (sheets of newspaper) and you can enjoy nature photography in comfort. If you lay down bait you increase your chances of success.

Top: This shows how the branches have been parted to get a good picture of a nest of eggs.

Top right: The little grebe approaches its nest. To take such studies can require hours of patience.

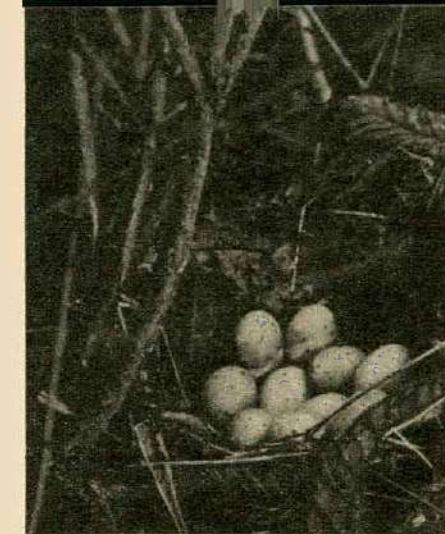
Middle right: A sitting target for the nature photographer. A brown linnet on its nest.

Right: Brock, the badger, tries to avoid having his picture taken, but the camera caught him as he was about to disappear down his tunnel.



Above, left: Entering a well-constructed hide. Creatures of the wild are not easily hoodwinked.

Left: A moorhen on its nest. "Gardening" is sometimes necessary when photographing nests and eggs.





THIS is the time of the year when you really begin to feel that summer has come. Just now the rose bushes are bursting into flower, and it is a delight to be able to fill the home with masses of gorgeously scented blooms, straight from the garden.

But why not fill your house with rose-spattered fabrics, too? Bring summer indoors by hanging pretty, rose-patterned curtains at your windows.

Also, you can give a light, airy look to your home by taking down your heavy winter drapes and replacing them with dainty flowered prints.

An easy way to make the transforma-

WAKING UP TO

tion is to buy ready-to-hang curtains. The Uniglass glass fibre curtains in our photograph cost 59s. 11d. a pair in 54 in. length, and are also available in 72 in., 90 in., and 108 in. lengths. They are on sale at Co-operative stores.

Brighten a tiny scullery or hall window by curtaining that effortlessly, too. You can give it a gay look by hanging rose-printed tea towels, which only need the addition of a piece of curtain tape.

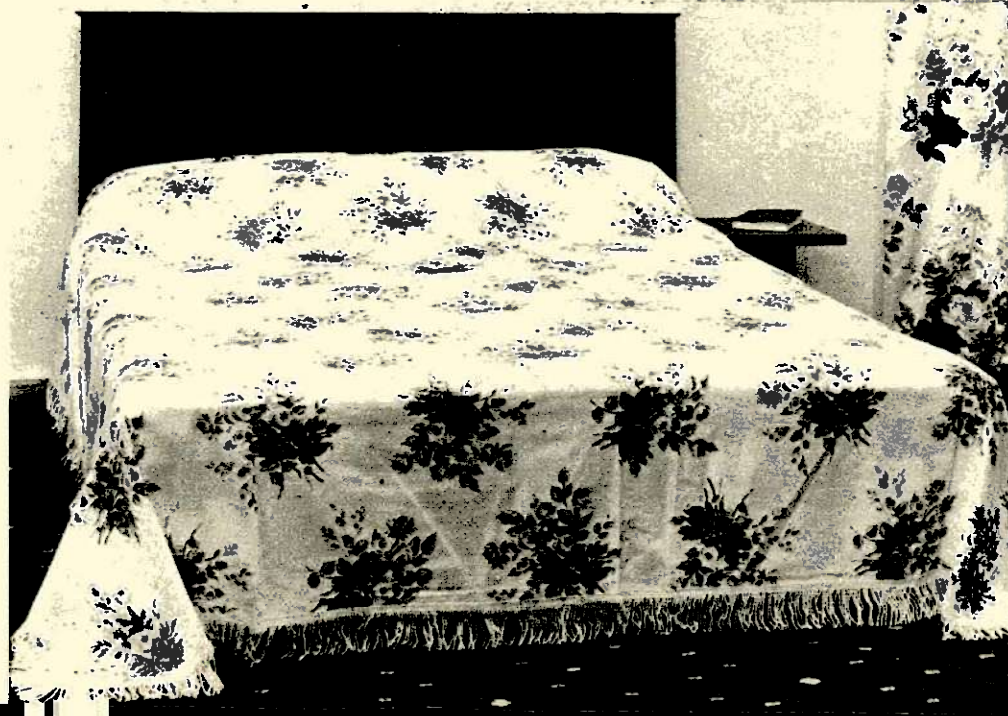
Thinking of re-papering your rooms? Then why not paper over your pelmets.

too? A flowery paper can transform a plain pelmet and give a far more decorative look to your windows.

If you live in an older type of house, with small windows, here is a useful tip for making them appear larger. Extend your pelmet beyond the end of the window at either side, and allow for this extra width when measuring for curtains. You will be surprised what a difference this will make to your room.

In a small attic flat, you can make a low ceiling look higher by hanging full

In a small attic flat you can make a low ceiling look higher by hanging full-length curtains with a downward stripe to give the illusion of extra length.



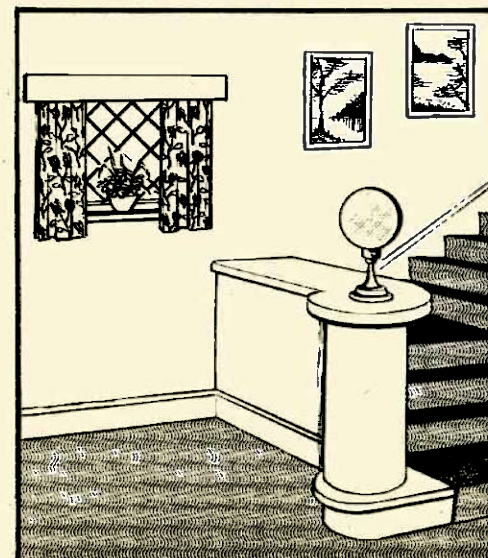
Give a summery touch to a bedroom, with a flowery bedspread or eiderdown. Shown below, left, is the Highline model, a delightful rose-sprigged, cotton spread on sale at Co-operative stores. Made in rose, blue, or lilac, it costs about 62s. in double size, and about 50s. in single size.

FLOWER-SPATTERED ROSES FABRICS FOR YOU

length curtains with a downward stripe, to give the illusion of extra height. And, if you want to create an impression of greater window space you can add an extra "window" by using curtains and pelmet to frame a scenic mural. This looks even more effective if illuminated by concealed lighting in the pelmet.

Why not bring roses into your guest room? Even if you favour boldly con-

Brighten a tiny scullery or hall window by curtaining. You can give it a gay look by hanging rose-printed tea towels which only need the addition of a piece of curtain tape.



temporary furnishings for the rest of the house, you will probably want to make this room relaxingly pretty, with soft frills and trimmings.

There is such delightful bedding available that you can really let yourself go on giving the spare bed an enchantingly flowery touch.

Pick a pretty Terylene-filled quilt from the CWS Pelaw quilt range. There are a host of lovely designs in this range.

Cover the bed with a flowery bedspread scattered with sprigs of roses. The Highline model in our photograph costs about 62s. in double size, and about 50s. in single size. It is made in a choice of three colours, rose, blue, and lilac.

Encourage your guests to sleep soundly by decorating the guest room in restful pastel shades, and hang pretty flower prints on the walls. As a final touch, add a huge bowl of scented roses before your guests arrive.

Let summer into your house with rose-patterned, ready-to-hang curtains like the glass fibre ones (above) in four sizes. They cost 59s. 11d. a pair, in 54 in. length; 72s. 6d. in 72 in.; 85s. 6d. in 90 in.; and 97s. 6d. in 108 in. From the Uniglass range, available from Co-operative stores.



OVERNIGHT THE TOMBOY STYLE IS GONE



playtime COTTONS

LITTLE girls are taking a delight in being feminine once more, which makes a mother's task easier. For this summer there is a really pretty selection of girls' cotton dresses in the CWS Belmont range, writes **Maureen Sandler**.

These cottons, with their bright, gay patterns, will stand up well to childish games and will take happily to the weekly wash. The styles shown on our two young children are typical of the wide selection at your local Co-operative store, priced at about 19s. 11d., in sizes 24, 26, and 28.

Susan, holding the ball, is wearing a dress with bold stripes. It is model S211, in blue, brown, or green.

Her playmate is wearing a self-coloured dress, which has a low-line pleated skirt. This is style S212, in royal, lemon or turquoise, with contrast hip trimming.

All at once, our offspring have developed definite views on fashions—and their clothes must be feminine. Even toddlers nowadays will smooth their skirts before the mirror. Close-cropped hairstyles have disappeared. Curls and flowing locks, ribbons, and pretty hairstyles are back in favour.

Little girls have returned to their dolls' houses and prams and skipping ropes, and to that centuries-old game of mums and dads in which they like to imitate mum, particularly in their clothes styles. In fact, adult styles have an instant appeal to them, as they swing from big brother styles and refuse jeans and T-shirts. Overnight the tomboy look has gone in favour of the candy look—frilly knickers and frothy dresses.

Similar patterns, similar materials, and similar fashion gimmicks are being used by manufacturers for adult and children's clothes. Tiny daughter is happy when her fashion-style is a miniature version of mum's.

And if mother chooses wisely, while

letting her offspring have some say in what she is going to wear, she will be helping to develop good taste and fashion sense.

So take care with prints and patterns for tots. Be careful with big designs and bold colours. Trimmings should be neat, and no floppy gimmicks.

If your daughter fancies a pattern in squares and circles, in blue, green, or brown, ask for S217. This has contrast trimming at the neck. Or for a change in neckline, S219 has a white bow at the neck and is available in blue, pink or, green. S216, in blue, brown, or green, has white trimming at the neckline, while S214 has broderie anglaise in a white V at the neck.

If you are in doubt, seek advice from your store. Apart from the dresses above, in your local Co-operative shop there are many other styles to choose from.



Above: Model S211, in blue, brown, and green, a dress with bold stripes, priced at about 19s. 11d., in sizes 24, 26, and 28 in.

Right: This self-coloured dress, style S212, has a low-line pleated skirt.

THE best cosmetic today cannot be bought in any beauty salon. It has not resulted from long and careful research, but is a free gift to us from its inventor, Nature.

Whatever our age, we cannot do without our sleep. It puts a gleam in our hair, bounce in our step, bloom on our skin, and sparkle in our eyes, writes **Kathlene Britten**. Teenagers and others, rushing to buy the latest cosmetic, often seem to despise the most wonderful and cheapest cosmetic of all.

Millions today are getting far too little sleep, say doctors. "Sleep-cheats," with their late-to-bed habits, are robbing themselves of Nature's greatest beauty treatment.

Those late-night record sessions, dancing, "whodunits," and extra evening jobs are a terrific strain on the beauty bank. Yet many try to live life to the full on 50 per cent sleep, so tensed up all the time that they never relax properly, even when they are asleep. They are always tired and listless. Later they will pay even more heavily in loss of beauty, energy, and sometimes even their happiness.

In this modern rush age, a regular good night's sleep is more essential than ever. It not only gives our bodies back spent energy, but gets us fit and ready to face tomorrow. As we sleep we restore our vital forces and replace worn-out tissues.

Fewer calories

In sleep, too, we use up fewer calories. Two extra hours of sleep are equivalent to eating two chocolate creams or one ice cream cone. But our whole system doesn't sleep. The heart beats more slowly, while the lungs, glands and digestive organs carry on with their work. Our cells, too, refresh themselves as we sleep, and a rich supply of oxygen is introduced into the body.

Getting ready for sleep should start well before we go to bed. We must allow the body and brain to slow down gradually. All day long, we have been busy and tensed, in the home, office, or both. So, before going to bed, we must reduce that tension, for at least the previous half-an-hour. Our nightly beauty routine of washing, face-creaming, hair-brushing, and so on, helps to soothe and calm the nerves if we don't hurry over it.

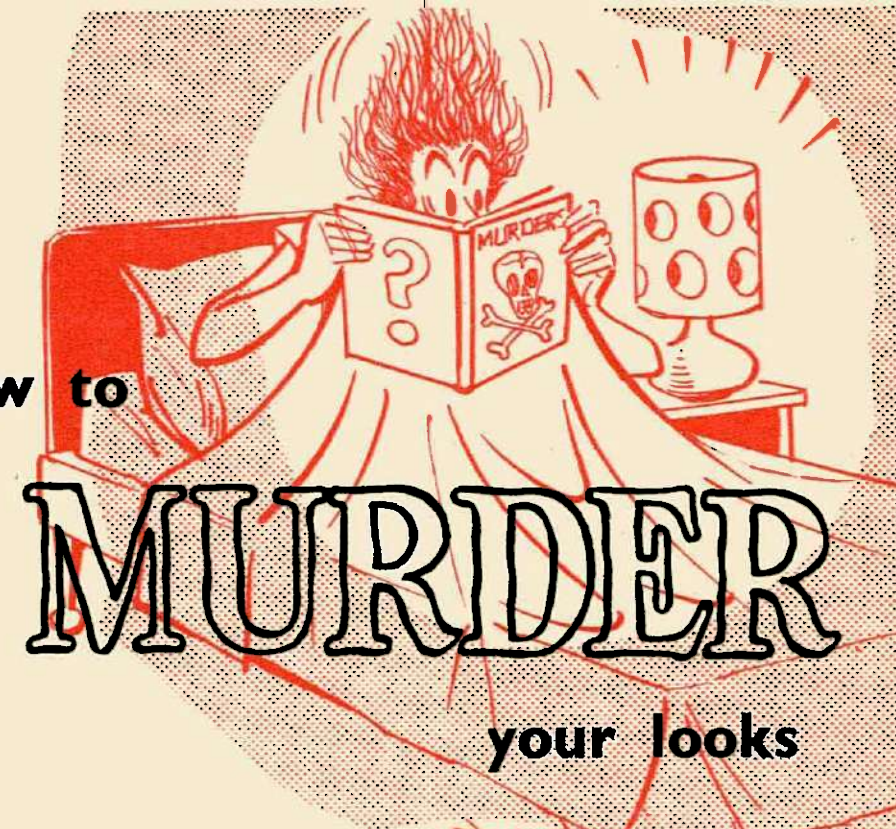
Many people toss and turn, looking on sleeplessness as a necessary part of modern life. Doctors say that many use the wrong type of mattress, sleep at the wrong times, and—worst of all—start taking sleeping pills without medical advice.

To help get a good night's rest, a light massage down the spine is good,

How to

MURDER

your looks



or a warm bath (tepid, if preferred), with a little pine oil in it. A light snack is helpful, but never a heavy meal. Hot drinks, especially warm milk, are calming and soothing.

As we spend about one-third of our lives in bed, according to the scientists, we must have as comfortable a bed as possible, and not too soft. We no longer sleep in a canopied four-poster bed, like the first Queen Elizabeth, with hangings and curtains pulled together around the sides and end, to keep out draughts. How stuffy it must have been by morning! But some of us overlook the necessity for fresh air, without draughts, in the bedroom. The temperature, too, should be somewhat lower than our body temperature.

It is better not to have the walls too highly-coloured—pastel shades are best.

Most of us can sleep better in a darkened room, but for all of us, it must be as quiet as possible. So we must be careful to attend to all those irritating sounds, such as leaky taps, flapping curtains, and creaking doors, before we go to bed.

Unfortunately, we can't turn off traffic noises and neighbours. But the use of ear plugs will help to deaden these sounds. A glass bowl over the alarm clock will shut out the monotonous ticks.

A good plan is to lie flat on the back, with the hands clasped lightly on the abdomen, and feet crossed. Lying as relaxed as possible, breathe deeply once or twice. Then, turning over on to one side (whichever we prefer), we bring the

top knee forward and up. If we wake during the night, we should take up the same position again, and put all worries right out of our mind, until we can deal with them.

We need the right degree of support from the mattress, so that our muscles are encouraged to relax their tension.

Some people still prefer a hair mattress, others a coiled interior-spring mattress. Whichever sort we choose, it must be long enough, level, and free from lumps.

Pillows, too, are not just an ornament for the bed. Their purpose is to hold the head in the same relation to the shoulders, as when we are standing.

Too many pillows can raise the head too high. Some will like soft pillows, some firm ones, and some, "in-betweeners." They must be firm enough to do their job.

How many pillows should we really have? A simple way to find out the correct height for us, is to lie on our side, putting enough pillows under our head, until the neck and spine are in a straight line.

Choosing the prettiest, smoothest sheets, pillows and coverlets, will create a relaxed, pampered atmosphere, good for sleep.

Bed-covering should be light and warm, although a hot-water bottle is still a must for many.

On a sticky, breathless night it can be filled with ice-water to give a cool welcome. But even in summer, it's advisable to keep a folded blanket at the foot of the bed, ready to draw up in those cool, small hours.



Silver Dawn

SILVER DAWN

19½ in., 21 in. and 23 in. Sports pattern frame. 26 in. x 1½ in. wheels. Caliper brakes. A.W. Sturmey-Archer 3-speed gear. G.H.6 Front Dynohub lighting. Spring seat, duo-coloured saddle. In a range of brilliant finishes.

(Inc. P.T.) £24 · 18 · 0
Ladies' model available at the same price



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FROM CO-OPERATIVE STORES

Ask there for H.P. details

C.W.S. CYCLE WORKS
KINGS ROAD, BIRMINGHAM 11

B R A N D Y

SNAPS for tea

4 oz. CWS butter, 2 oz. sugar, 3 tablespoons syrup, 2 oz. Federation or Excelda plain flour, ½ teaspoon CWS ground ginger, squeeze lemon juice.

Melt the sugar and syrup together. When cold add the flour, ginger and lemon juice. Mix well and drop in teaspoons on a well-greased baking tray. Bake until golden brown. Mark 4 (350°F.) for 7-10 minutes.

Crumpets

½ oz. yeast, 1 pint milk (at blood heat), 1 lb. Federation or Excelda plain flour, pinch CWS bi-carbonate of soda, 1 teaspoon salt, warm water.

Cream the yeast with a little of the warmed milk. Add the rest of the milk and pour into the warmed flour. Beat very well for about 5 minutes. Stand covered in a warm place for 1 hour. Dissolve the bi-carbonate of soda and salt in a little warm water and add to the

sponged mixture, put to rise a further ½-hour. Have ready a greased girdle or hot plate and greased rings.* Pour in enough batter to cover the bottom of the rings, turn the crumpets over and allow to dry thoroughly on the underside.

* If rings are not available use plain cutters.

Apricot tea cake

½ pint warm milk, 1 teaspoon CWS honey, 1 teaspoon flour, ½ oz. yeast (crumbled), 1 egg and 1 egg yolk.

Cream the yeast with the honey. Add warmed milk. Sprinkle flour over surface and leave to ferment. When frothy, add the egg and yolk.

12 oz. Excelda or Federation plain flour, 1 level teaspoon salt, 2 oz. Silver Seal margarine, 2 oz. sugar, 2 oz. CWS candied peel, 4 oz. chopped dried apricots.

TOPPING

2 oz. Silver Seal margarine, 1½ oz. sugar (creamed together); 3 tablespoons CWS honey, 1 egg white unbeaten (beaten into creamed mixture).

Add the yeast liquid to all the dry ingredients. Knead well and half fill an 8 in. cake tin with the dough. Leave to rise until the dough is within 1½ in. of the top. Spread with the topping and leave to rise until the mixture is within ½ in. of the top. Bake Mark 5 (375°F.)

for 15 minutes, then reduce heat to Mark 3 (350°F.) and bake until it feels firm when pressed.

When served fresh eat as cake. The next day slice and butter as tea cake.

Spice cake

6 oz. CWS butter, 5 oz. castor sugar, 2 tablespoons syrup, 3 eggs, 8 oz. Federation or Excelda plain flour, 3 teaspoons CWS baking powder, ½ teaspoon CWS ground nutmeg, 1 teaspoon CWS cinnamon, ½ teaspoon CWS mixed spice, 2 teaspoons Society coffee, ½ cup milk, ½ teaspoon CWS vanilla essence, ½ cup finely chopped dates or walnuts, mocha cream, few almonds.

MOCHA CREAM

2 oz. CWS butter, 1 egg yolk, 6 oz. icing sugar, 1½ tablespoons Co-op cocoa, 1 teaspoon CWS cinnamon, 1½ tablespoons strong coffee.

Cream the butter and sugar until light and fluffy, add the syrup and gradually beat in the eggs. Sieve together the flour, baking powder, spices and coffee, and fold in alternately with the milk and vanilla essence. Add the dates. Bake in two well-greased 8 in. tins. Mark 5 (375°F.) for 30 minutes.

For the mocha cream, beat all the ingredients together until smooth, and sandwich the cakes together. Decorate with almonds.

Chocolate and honey sandwich

5 oz. Federation or Excelda self-raising flour, ½ level teaspoon CWS bicarbonate of soda, 1 level tablespoon CWS cornflour, 1 rounded tablespoon CWS cocoa, 6 oz. Gold Seal margarine, 4 oz. castor sugar, 1 level tablespoon CWS honey (clear), 3 eggs, 2 oz. CWS melted plain chocolate, ½ teaspoon CWS vanilla essence.

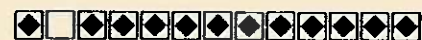
FILLING

Whipped cream and bananas.

Sieve together the flour, bicarbonate of soda, cornflour and cocoa. Cream butter and sugar until light and fluffy, beat in the honey and gradually beat in the eggs. Stir in the melted chocolate and vanilla essence, then lightly fold in the flour mixture. Divide the mixture between two 8 in. sandwich tins. Bake Mark 4 (350°F.) for 25-30 minutes. When cold, sandwich together with whipped cream and bananas.



ENJOYING the best of SUMMER



VARIETY FARE



Two for the road!



A perfect spot to stop, perch on a bridge, and listen to the river sounds. This wise couple choose bicycles as an ideal way of getting about the country roads when the main roads are congested with heavier traffic. He's riding a CWS Gypsy Moth, model 43 BD. His pretty companion has chosen a Silver Dawn, model 46.

Don't put up with flies this year



Flies are such a menace, because they carry disease. Nobody likes to work in a fly-infested kitchen, and nowadays there's no excuse for it, when a product like CWS aerosol fly spray is deadly to all flies and is so handy to use.

It is made in three sizes, small, medium, and large. The smallest size costs about 2s. 9d. at your Co-operative store. Don't forget to include it in your shopping.



A WARM BATH is so refreshing

BEAU BRUMMEL is supposed to have started the daily bath habit. For him it was a fastidious *must*. But a warm bath also relaxes tired, aching muscles and soothes the nerves. It can help you to sleep, or it can freshen you up. If these seem opposites, you're right—because everything depends on the temperature of the water.

Take a *hot* bath and relax, but for heaven's sake don't scald yourself. Your fingers are not the ideal way to test the temperature. Use your elbow. Have the water as hot as you can bear. Afterwards climb straight into bed. You will be beating insomnia.

Take a warm or a warmish bath during the day, and finish off by running the cold tap the moment you pull the plug out. This way you will achieve that all-over glow without any of the discomforts of sitting straight away in cold water. But let the cold water run over your feet and ankles. It really is a tonic for tired feet and legs.

It is so nice to feel like Cleopatra while wallowing in delicious scents. Delicately perfumed Crysella bath salts (below) cost about 1s. 9d., and the attractive tin of Crysella talcum powder (above left), costs about 2s. 1d. The Eau-de-Cologne toilet water (above right), costs about 2s. 5d.



Here's a special little whisper . . . For keeping all your biscuits crisper.

To keep biscuits crisp for months, simply leave four or five lumps of sugar in the biscuit tin.



MINT TIPS

THE right time for mint, plenty with new potatoes. With lamb, of course.

Costing 1s. 2d. is the new 3 oz. jar of fresh garden mint, in pure spirit vinegar.

How nice to have ready-prepared mint handy, without all the trouble of having to seek it in the garden, and prepare it for the table just as the potatoes are starting to boil over.



LEMON-AIDS

AN uncut lemon won't shrivel and dry if kept in a bowl of cold water. But if cut and partly used, place the uncut end in water and a little salt. Change the water every few days to prevent mildew on the fruit.

Keep a lemon near the sink, to rub away hand stains after peeling potatoes, etc. Use the juice and the rind as flavouring. Put a lemon into a warm oven or some hot water for a few minutes before using, and you will get double the amount of juice.

A few drops of juice prevents cut fruit from discolouring. A squeeze in the water keeps boiled fish and potatoes white. Puff pastry will be lighter if a little juice is added while making it.

Tarnished silver and brass is soon bright again after rubbing with a cut lemon, and polished when dry.

STOP THAT NOISE!

A GREAT deal of progress has been made in making houses more sound-proof so far as the shell of the building is concerned, but relatively little importance seems to have been attached to suppressing the various unnecessary "built-in" noises originating from plumbing and other fittings and appliances.

There are flats where one can almost hear the people upstairs stirring their tea, or where we feel convinced the dwellers above all wear hob-nailed boots, but undoubtedly the arch-villain of home nuisance-noises is "traditional" plumbing and the appliances associated with it.

Visitors from America and some Continental countries are often dismayed at our noisy toilet and bathroom plumbing. In their own countries, noisy cisterns and waste-pipes were outmoded long ago. Mind you, *some* noise is inevitable, but it need not be such a nuisance as is often the case.

A WC cistern generates noise in two

EDWARD STREET offers advice on how to eliminate some of those irritating "built-in" noises in your home.

ways—from the flushing mechanism and the ball-valve. The cast-iron well-bottomed type in which a heavy cast-iron bell is lifted and allowed to drop so as to displace the water, is very noisy.

The syphonic flash mechanism is much quieter, especially if surrounded with a heavy non-resonant cistern body of, say, thick plastic or vitreous china.

Basic cost of a well-designed cistern of vitreous china, including fittings, is probably in the region of £6, compared with about £4 for the cast-iron well-bottom type.

And don't forget to remind your builder or plumber that the Building Research Station have developed a new ball-valve, which is substantially quieter than traditional types.

Noise from cold water storage tanks (usually sited under the roof) can be particularly disturbing, especially at night if the tank is just above the bedroom ceiling.

The remedy, according to the Building Research Station, is to fit a quiet type of ball-valve and to fix a long inlet tube ("silencing pipe") so that it discharges near the bottom of the tank. The tube or the valve body must have a hole drilled in it to prevent back-syphonage. (Every ball-valve is required to be threaded to take a silencing pipe.)

An important point to bear in mind is that the bathroom and WC door should be as heavy as practicable, and well-fitting, especially if it faces another door directly across a landing or passage.

Provision of a solid-core door instead of the standard lightweight flush door would probably cost another £2 to £4. But as bathroom and toilet plumbing are major noise generators, it will be money well spent.

Another irritating noise is that caused by the contraction and expansion of hot water pipes as water temperatures in central heating systems fluctuate. Primarily the noise is due to friction where the pipes pass through walls or up through ceilings, or it may be that the pipes are gripped too tightly by their retaining clips.

The remedy is to ease the pressure of the clips slightly and, if possible, keep pipes out of direct contact with the structure where they pass through walls, etc., by means of sleeves or resilient packing material.

In other words, the pipes need a little "elbow room" or they may protest noisily.

A word about door-slamming. The modern flush door, of relatively light construction, tends to slam more easily than older heavier doors. Indeed, it needs only a slight draught to set bedroom and passage doors slamming and rattling continuously when unlatched.

During the night this can be most annoying.

Ideally, every door should have a mechanical closer with check action. Few of us may consider the cost justified, but it might be an idea to have such a closer fitted to the most-used, or most "offending" door.

Plastic bowls, buckets and coal hods will all help to bring down the noise-level of your home—and don't forget the noiseless dustbin with a plastic lid.

Switch trouble

Some people, especially the sick or elderly, find the "click" of electric light switches disturbing, particularly those bedroom and bathroom ceiling switches operated by a cord. If you suffer from this "switch-click" trouble, why not ask your local electricity people for details of modern silent (or near silent) switches?

If you are thinking of building a house, or carrying out improvements to an existing one, don't forget that nowadays walls and ceilings can be covered with special soundproofing materials. Most of them also improve thermal insulation.

You should also investigate a new technique for dry-lining room interiors. The use of plasterboard and similar sheet materials is becoming increasingly popular because it not only makes for a quieter room but also simplifies the work of the finishing trades and leads to much speedier completion.

There is no delay waiting for plastered walls to dry thoroughly before decorating can be put in hand. With a dry-lined wall, painting, distempering, or wall-papering can begin in a matter of hours.

Various techniques

Briefly, battens are fixed to the walls of a room and sheets of plasterboard secured to them. There are various techniques of doing the job.

Experience on small housing estates has indicated that the cost of dry-lining is comparable to the cost of two-coat plaster. The whole job is cleaner and easier; the cavity behind the plasterboard can accommodate service fittings; there will be no plaster shrinkage; no last-minute added damp as is the case with plastering—and you can go ahead with decorating the next day if you wish.

Whether you are concerned with noise abatement in the home or the latest trends in building materials and fittings, it will pay you to deal with a builder or tradesman who has kept himself informed about the latest materials and techniques.

Make your house safe from risk of fire

ONLY a year or two ago about 30,000 homes went up in flames, and this figure, yearly, is on the increase. Is your house safe from fire risk, and would you know what to do if fire should break out? You think so, but because home fires are now so commonplace, they are no longer new unless death or serious injury occurs.

So don't be one of those who say it happens only to others.

With any gas appliance, never disregard the distinctive smell of free gas, but call the Gas Board. Even a small leak can allow pockets of gas to accumulate, with the risk of explosion and fire.

Keep all gas appliances clean and dust free and never use gas pipes as an earthing point for electric wiring.

When leaving the house, it is best to turn off the gas, but if you leave a gas jet burning, turn it low.

Most important, if using a coin meter, be sure sufficient money is inserted. It is so easy to return home, notice that the gas is off, put in a new coin and then find the house is soon filled with gas. Large gas installations, such as central heating systems, require regular maintenance.

The Joint Fire Research Organisation investigated 2,397 fires between June 1960 and May 1961, involving oil and paraffin heaters, in which there were 317 casualties, 25 fatal. Use great care with these appliances, which vary tremendously in design.

Lack of maintenance can result in overheating, causing leakage and fire. Always place the heater out of reach of furniture, curtains or clothing, where it is unlikely to be knocked over. Avoid leaving it on too high, when going out. Never fill or carry it alight.

The majority of household electrical appliances are connected to an electric socket via a flexible lead and plug. But never use a long cord. Invariably someone will trip over it, dislodge the wires, and cause sparks and shorts.

Never run flex under carpets. You cannot see what may be wrong with it.

Check flex regularly (including that on lights) to see if it is worn, bared or brittle. If so, renew it at once.

Have all electrical equipment checked annually by a competent electrician.

Annual sales of electric blankets are

over the million mark. When buying ensure your blanket bears the Kite mark of the British Standards Institution.

Between July 1961 and June 1962, there were over 8,000 fires involving electric blankets.

The main causes were broken elements and short circuits, due to excessive folding and general misuse, and faulty flex leads and plugs.

Always lay electric blankets flat on the bed, and avoid using a light socket.

Never sleep under an electric blanket connected to the electricity supply, and never switch on if the blanket is folded or crumpled.

Never leave clothes near fires. Don't try to start stubborn fires by using lighter fuel or paraffin. Have your chimney swept regularly.

Use a fireguard to prevent live coals flying from the fire to carpets—a common cause of

fire. Fireguards are required by law if there are children in the house. Never carry live coals from one room to another—this is asking for trouble.

If you have a fire, get everyone out of the house and close all doors to confine the fire as much as possible. Call the Fire Brigade—dial 999 and ask the operator for Fire. Take steps to extinguish the fire if at all possible without endangering life.

There are three types of fire, each requiring a different method of attack.

Ordinary free burning materials such as wood, paper and fabrics, are extinguished by the use of water. This can be thrown on the fire from a bucket, but it is more effective if a garden hose is used. Direct the jet at the base of the fire first. Then try to stop fire spreading at the outsides, and work back towards the centre of the blaze.

Inflammable liquids such as fat, paraffin, oils, petrol, must be smothered to extinguish. For large inflammable liquid fires it is better to have at hand either a dry powder or foam extinguisher. In normal households, however, this is not usually necessary if the following action is taken.

To deal with fat fires in chip or frying pans, first cut off the electricity or gas supply at the mains. Then cover the pan with a lid or a large metal tray. The fire will go out through lack of air.

by ALAN GUY



Dry-lining a room with plaster-board and similar sheet materials not only makes for a quieter room but simplifies the work of the finishing trades.

BR GHT AND BREEZY

MATERIALS: 4 [5, 5] oz. WAVECREST 3-ply. Two No. 11 and two No. 13 needles. 5 [5, 5] buttons.

MEASUREMENTS: To fit 22 [24, 26] inch chest. Length, 12½ [13½, 15] in. Sleeve seam, 9 [10½, 12½] in. (adjustable).

SIZES: The figures in square brackets [] refer to the medium and large sizes respectively.

ABBREVIATIONS: k., knit; p., purl; st., stitch; w.fwd., wool forward; tog., together; t.b.l., through back of loops; inc., increase by working into front and back of stitch; dec., decrease by working 2 sts. together; beg., beginning; alt., alternate; rep., repeat; patt., pattern ins., inches; o., no times.

TENSION: 8 sts. and 10 rows to the square inch on No. 11 needles, measured over stocking stitch.

BACK

Using No. 13 needles, cast on 91 [99, 109] sts. 1st row: k.2, **p.1, k.1, rep. from ** to last st., k.1. 2nd row: **k.1, p.1, rep. from ** to last st., k.1. Rep. 1st and 2nd rows 7 times more then 1st row once, dec. 1 st. at beg. of last row on 22 and 26 inch sizes only (90 [99, 108] sts.).

Change to No. 11 needles and proceed in border patt. as follows: 1st row: k. 2nd row: p. 3rd row: k. 4th row: **k.4, w.fwd., k.2 tog.t.b.l., k.3, rep. from ** to end. 5th and every alt. row: p.

6th row: **k.3, (w.fwd., k.2 tog.t.b.l.) twice, k.2, rep. from ** to end. 8th row: **k.2, (w.fwd., k.2 tog.t.b.l.) 3 times, k.1, rep. from ** to end. 10th row: **k.3, (w.fwd., k.2 tog.t.b.l.) twice, k.2, rep. from ** to end. 12th row: **k.4, w.fwd., k.2 tog.t.b.l., k.3, from ** to end. 14th row: p. 15th row: k. 16th row: p.

Commencing with a p. row proceed in stocking stitch until work measures 7 [7½, 8½] in. from beg., finishing at end of a p. row. Shape raglan as follows:

1st and 2nd rows: Cast off 4 [6, 6] sts., work to end. 3rd row: k.1, k.2 tog.t.b.l., k. to last 3 sts., k.2 tog., k.1. 4th row: k.1, p. to last st., k.1. Rep. 3rd and 4th rows until 28 [29, 32] sts. remain, finishing at end of a 3rd [4th, 3rd] row. Cast off.

RIGHT FRONT

Using No. 13 needles, cast on 45 [49, 55] sts. 1st row: k.2, **p.1, k.1, rep. from ** to last st., k.1. 2nd row: **k.1, p.1, rep. from ** to last st., k.1. Rep. 1st and 2nd rows 7 times more, then 1st row once, dec. 1 st. at end of last row on 26 inch size only (45 [49, 54] sts.).

Change to No. 11 needles and proceed in border patt. as follows:

22 and 26 inch sizes only

Work 1st to 16th row of border patt. as on Back.

24 inch size only

1st row: k. 2nd row: p. 3rd row: k. 4th row: k.4, **k.4, w.fwd., k.2 tog.t.b.l., k.3, rep. from ** to end. 5th and every alt. row: p. 6th row: k.4, **k.3, (w.fwd., k.2 tog.t.b.l.) twice, k.2, rep. from ** to end. 8th row: k.4, **k.2, (w.fwd., k.2 tog.t.b.l.)

HOME MAGAZINE KNITTING PATTERN No. 100

3 times, k.1, rep. from ** to end. 10th row: as 6th row. 12th row: as 4th row. 14th row: p. 15th row: k. 16th row: p.

All sizes

Commencing with a p. row proceed in stocking stitch until work measures same as Back to raglan shaping, finishing at end of a p. row.

Shape front slope and raglan armhole as follows:—1st row: k.2 tog., k. to end. 2nd row: Cast off 4 [6, 6], p. to end. 3rd row: k. to last 3 sts., k.2 tog., k.1. 4th row: k.1, p. to end.

Continue dec. 1 st. at armhole edge on next and every alt. row, at the same time dec. 1 st. at front edge on next and every following 4th [5th, 5th] row until there are 19 [21, 33] sts., every 4th [4th, 4th] row until there are 4 [3, 3] sts.

Continue dec. at armhole edge only until 1 st. remains, finishing at end of a 3rd [4th, 3rd] row. Fasten off.

LEFT FRONT

Work to match Right Front, reversing all shapings, noting that k.2 tog.t.b.l., is worked in place of k.2 tog., placing first 6 rows of border patt. as follows:—

22 and 26 inch sizes only

Work 1st to 6th row of border patt. as on Back.

24 inch size only

1st row: k. 2nd row: p. 3rd row: k. 4th row: **k.4, w.fwd., k.2 tog.t.b.l., k.3, rep. from ** to last 4 sts., k.4. 5th and every alt. row: p. 6th row: **k.3, (w.fwd., k.2 tog.t.b.l.) twice, k.2, rep. from ** to last 4 sts., k.4.

SLEEVES

Using No. 13 needles, cast on 44 [46, 50] sts. Work in k.1, p.1. rib for 1½ in. Change to No. 11 needles and proceed in stocking stitch, inc. 1 st. at both ends of 5th [7th, 5th] row following and every following 5th [5th, 6th] row until there are 70 [78, 84] sts. Continue on these sts. until work measures 9 [10½, 12½] in. from beg., finishing at end of a p. row (adjust length here).

Shape raglan as follows: Work 1st to 4th row of raglan shaping as on Back, then rep. 3rd and 4th rows until 8 [8, 8] sts. remain, finishing at end of a 3rd [4th, 3rd] row. Cast off.

FRONT BAND

Using No. 13 needles, cast on 7 sts. 1st row: k.2, (p.1, k.1) twice, k.1. 2nd row: (k.1, p.1) 3 times, k.1. Rep. 1st and 2nd rows 1 [2, 0] times more. Next row: k.2, p.1, w.fwd., k.2 tog.t.b.l., k.2. Next row: (k.1, p.1) 3 times, k.1.

Continue in rib working a buttonhole as on last 2 rows on every 17th and 18th [17th and 18th, 21st and 22nd] rows from previous buttonhole until 5 buttonholes in all have been worked.

Continue in rib without further buttonholes until work measures 29½ [31½, 35] in. from beg. Cast off in rib.

TO MAKE UP

Omitting ribbing, block and press on wrong side using a warm iron and damp cloth. Using a flat seam for ribbing and a fine back-stitch seam for remainder, join side and sleeve seams. Flat-stitch Sleeves into position. Stitch on Front Band. Attach buttons. Press seams.



FRANK MAWSON looks at race war in the story of HANRAHAN'S ARMY

HANRAHAN. The name means nothing to us—and yet to the people of Larkwood, an Irish slum colony, in a grimy, north country city, it means everything, and most of it bad.

Here is a man of ruthlessness, bad blood, and sharp practices, whose twisted foresight has enabled him to acquire all the property in the colony.

A man who has a passionate obsession that he has been called upon to extend and rebuild the colony on a magnificent scale, as long as it doesn't interfere with his never-ending war against Jewish and West Indian near-neighbours.

Sean Stubb's book *Hanrahan's Colony* (Macmillan, 21s.) is a story of personal visions and warring factions. It is a first class, well-written book that holds your interest to the final chapter.

A host of characters collect about the protagonists as Hanrahan forms a personal army of leather-jackets, called *The Watchers*, while Maurice Levy, of the Jewish colony, recruits *The Sons of David*. The cauldron of trouble boils up to a final, terrible climax.

A tall, sailing ship gliding along like some great white queen of the ocean can stir something in even the most ardent landlubber's breast. It can conjure up stories of piracy, of great battles against the weather round the Cape, and romantic clipper trips through the balmy breezes off South America.

More romantic

Today, when only a score or so of "tall ships" remain afloat, the great days when they raced the seas in thousands are more romantic to us than ever.

Warren Armstrong has recaptured the romance in his book *Tales of the Tall Ships* (Odham's, 10s. 6d.).

Here are real sea yarns. Yarns about great voyages and great men; ships like *Lightning*, which made the run from Australia to Liverpool, with a treasure store of gold, in the all-time record of 64 days, three hours, ten minutes.

This is a book of hoodoos, hurricanes, wrecks and mutinies: of dreams that daring designers turned into reality; in fact a fine book to adventure—from the depths of an armchair!

Adventure of a different kind comes in O.S. Nock's book *British Railways in Transition* (Nelson, 30s.). He talks about the great railways of old, with their proud

and cherished traditions, and how they are being modernised.

In his book, Nock surveys the changes in progress with the eye of an engineer, as well as that of a life-long railway enthusiast.

Dudley Smith, Tory MP for Brentford and Chiswick, has written a critical, but remarkably fair-minded biography in his book *Harold Wilson* (Robert Hale, 21s.).

This Conservative backbencher has observed his subject closely over the past five years. He presents an intriguing picture of Wilson, the man, and his quest for power.

Wilson emerges as a highly controversial politician—tough, shrewd, brilliant and ruthless.

But don't think this is a book written with Tory bias against the Labour Party leader; far from it.

The Complete Home Decorator (Odham's, 30s.) is a MUST for every household. Many books have been published on home decoration, but this is the most useful and comprehensive I have seen.

It will prove equally valuable to the homemaker or do-it-yourself expert, the professional craftsman and the learner.

Its 25 chapters have been prepared by a group of experts with long experience

in the field of decorating, each chapter covering one important aspect of the subject.

It is illustrated with hundreds of helpful drawings and diagrams, and nearly 200 photographs.

The Shell Gardens Book, edited by Peter Hunt (Phoenix/Rainbird, 21s.) is a first class guide to British gardens.

Those Beatles seem to creep into everything nowadays, and somehow it only seems right that this review should end with an extract from John Lennon's book *In His Own Write* (Jonathan Cape, 9s. 6d.).

Alec Speaking

He is putting it lithely when he says Quobble in the Grass, Strab he down the soddieflays Amo amat amass; Amonk amink a minibus, Amarmylaidie Moon, Amikky mendip multiplus Amighty midgey spoon. And so I traddled onward Careing not a care Onward, Onward, Onward. Onward, my friends to victory and glory for the thirtyninth.

When the Duke nearly froze

IN 1963, during the worst winter in two hundred years, Duke Ellington undertook one of his most successful European tours, playing to packed and enthusiastic houses.

Somehow Ellington found time to realise one of his greatest ambitions—to record the longer works he had orchestrated for his own band and symphony orchestra. The result is the Symphonic Ellington (Reprise R 6097), the result of the collaboration between Ellington, his 15 men and 500 talented musicians in Paris, Hamburg, Stockholm and Milan.

Although no definite proof exists, it is supposed Handel's celebrated "Water Music" was that reported to have been played during a Royal trip on the Thames in 1717.

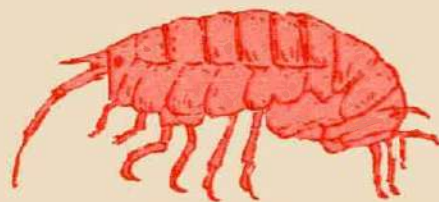
Undoubtedly, this is one of his most popular and attractive compositions, made more so by its orchestral adaptation by the late Sir Hamilton Harty. The latest edition (HMV ALP 2028) is played by the Bath Festival Orchestra conducted by Yehudi Menuhin.

Reprise offers "More Trini Lopez at P.J.'s" (R 20260)—another album of his infectious rhythm—by popular demand, and "Return to Paradise Island" (R 6106) in which Bing Crosby goes Hawaiian, with the arrangements by Nelson Riddle.

Bing Crosby again plays host to a team of talent, including Bob Hope, Jack Benny, Groucho Marx, Phil Silvers, Gene Kelly, and James Stewart, who recount their own favourite anecdotes (Stateside SL 10067). All proceeds go to a variety artists' charity.

Brahms wrote many of his works in pairs. On HMV 33CX the Philharmonia Orchestra, conducted by Carlo Maria Giulini, plays his "Tragic" Overture, written within a short time of his celebrated "Academic Festival." Coupled with it is his Symphony No. 3 in F.

The hopper is HIGH JUMP CHAMP



AS the tide ebbs from the shore, the exposed sand seems to be without life, writes B. J. Tarry. But a walk along the sand will reveal many sand dwellers to the inquisitive eye.

A common sight is the casts of lug-worms. These worms are much sought after by fishermen. You can often see the fishermen digging for the worms just as the tide recedes. The lug-worm grows up to 9 in. long and as thick as a pencil. It always lives in the sand, in a burrow shaped like a letter U. It feeds like the garden worm, by eating sand and digesting any edible matter.

The incoming tide fills the burrow with fresh sand, so the lug-worm does not have to move about to live. These worms are very common where mud and sand are mixed, and they are nutritious to fishes.

Another common sand inhabitant is the sand hopper. These are small shell-backed creatures about 1 in. long and they burrow into the sand under seaweed or debris on the shore. When disturbed they may jump several feet. The sand hopper eats at night, mainly on plants. During the day they dig into the warm, dry sand above tide level.

The best known sand dweller is the shrimp, easily caught at low tide on suitable shores. They have five pairs of legs, the first pair carrying pincers. During the day shrimps burrow into the sand, first by shuffling the legs to make a hollow, then the long feelers push sand around and over the back until the body is covered.

Shrimps are able to change colour to match their surroundings. They feed on plants, eggs, tiny worms, and even young fish.

In certain parts of the country, for example in South Wales and at Leigh-on-Sea, cockles are found in vast numbers. Cockles have a large foot, which they use for burrowing into the sand, where they spend most of their time. They feed on minute particles in the water, which are sucked into a siphon system. Cockles are a very popular sea food.

This month the editor wants you to draw and colour with paints or crayons the creatures you might find on the beach during your holidays this summer.

There are two classes—under nine and over nine years. There are two prizes in each section: delicious choco-

lates for the over nines and bumper parcels of sweets for the younger ones from the E & S CWS Chocolate Works at Luton and CWS Confectionery Works at Reddish.

Read the following rules carefully.

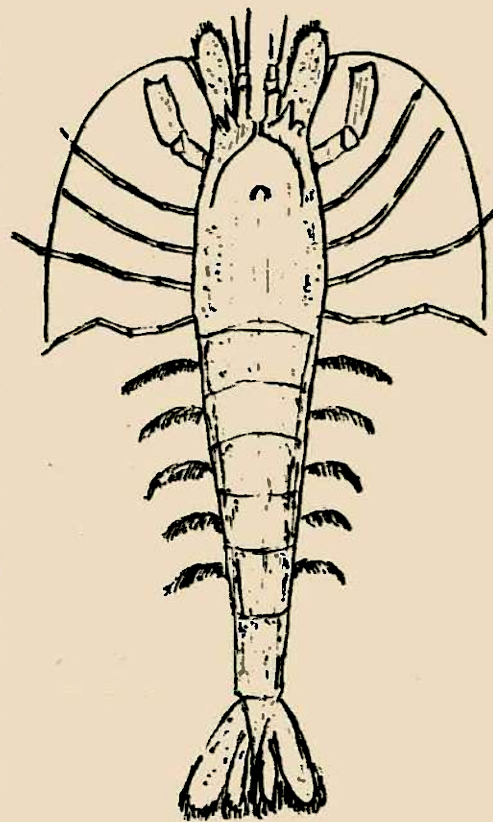
1. The drawing must be your own and measure not more than 10 in. by 8 in.
2. On the back of your entry write your full name, address, and age IN BLOCK CAPITALS.
3. Post your entry (marking the envelope "Competition") to: The Editor, Home Magazine, 1 Balloon St., Manchester 4.

Closing date for entries is June 28, 1964.

Toad alarm clock

IN fact, you don't need an alarm clock with a toad. They make so much noise at night you will never get to sleep. But they can become quite tame and willing to be handled. Edna Sims tells you about them in her book *Teach your Child about Pets* (Pearson, London, 10s. 6d.) together with all kinds of very interesting pets to keep.

In *Teach your Child about Health Care and First Aid* (Pearson, 10s. 6d.), Dr Eric J. Trimmer describes what to do when accidents happen, or when you get bitten, or how to revive somebody by giving them the "kiss of life." Both books strongly recommended.



SHRIMP

GARDENING NOTES By W. E. Shewell-Cooper

LAWNS take the minimum of care. The best lawn, in my opinion, is the one which was the late King George VI's favourite—the chamomile lawn. It has to be mown just like grass, but chamomile has the advantage over grass because it is a weed-smotherer. It is exceedingly pleasant to walk upon, and there is the lovely, subtle herb-like scent which distinguishes it from all others.

The easiest, and the cheapest way to establish it is first to sow the seed in boxes, and then, when the plants have "taken nicely," put them out three inches square. It is also possible to have an unconventional lawn composed entirely of clovers, which, like the chamomile lawn, will keep beautifully green in the driest of summers.

The new hormone weed-killers which

take the unwanted clumps of weeds out of lawns are only one of the improvements which help to make gardening easier.

A help, too, are the smaller dwarf-type perennials, which come up every year and give no continual work of planting out. Because the plants are stiff and not more than three feet high, they do not need any tying or staking. The plants can be grown with the modern mulching system, the ground covered with the medium grade type of sedge peat to the depth of an inch in May. Thus there will be no hoeing or weeding to carry out during the season. Each autumn, or early winter, a fish fertiliser should be applied at 3 oz. to the square yard.

Once a flowering shrub border is planted it will not need disturbing.



Cheque point

One of the many advantages of a bank account is the convenience and safety of paying bills by cheque. Another good point is that having your salary credited direct to your account encourages saving. You draw out sufficient for day to day needs—the balance remaining; and it is remarkable how quickly it seems to grow. The C.W.S. Bank will be happy to send you details of the many facilities Co-operative banking offers, together with full information of the favourable terms. If there is not a Branch of the Bank in your town your own Co-operative Society will transact local business on behalf of the Bank. You will find it well worth while to complete and post to us the coupon alongside.

C.W.S. Bank
P.O. Box No. 101
1 Balloon Street
Manchester 4

London Office: 99 Leman Street, E.1.

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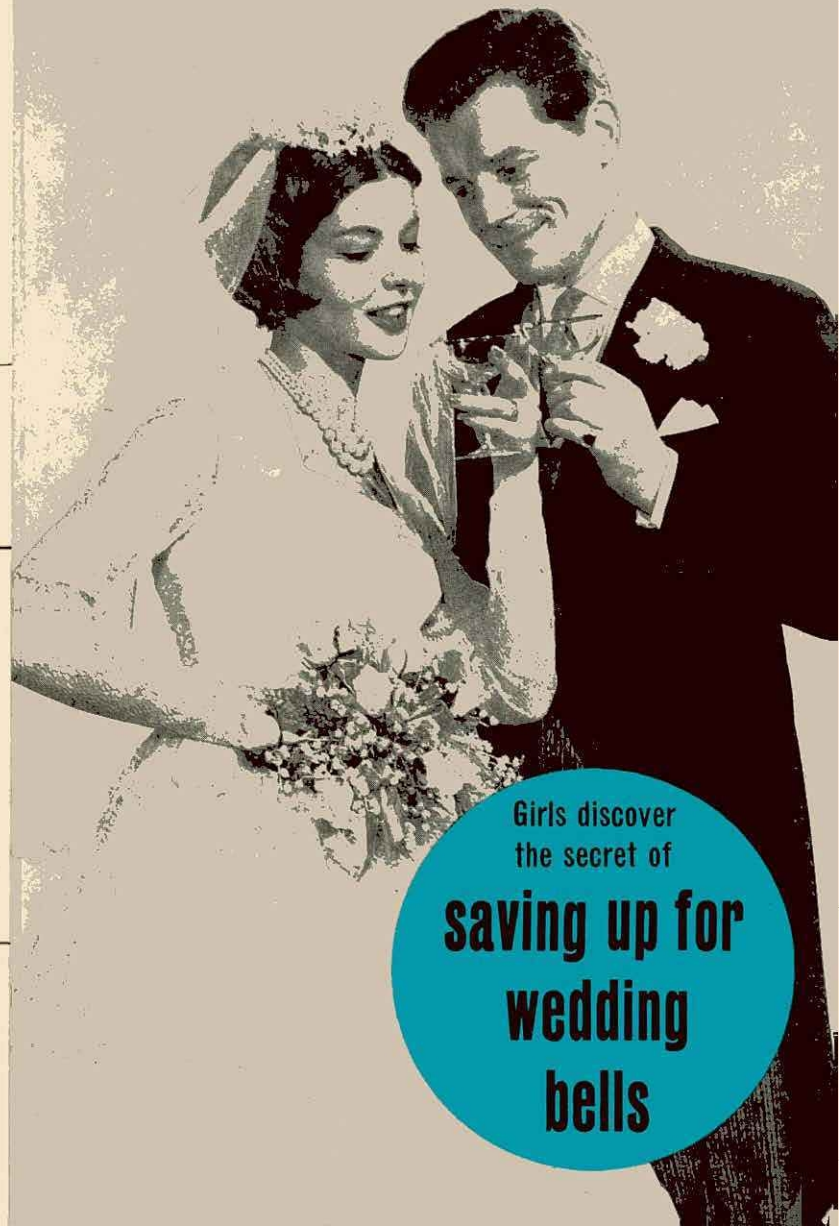
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Girls discover
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Girls discover
the secret of
**saving up for
wedding
bells**

NEW "MONEY BACK" ASSURANCE PLAN

Tens of thousands of single young women have discovered the secret of saving up for wedding bells. Although earning good wages many girls found saving a difficult task until the Co-operative Insurance Society came to the rescue with a special savings plan for single young women with marriage in mind. Under the C.I.S. Assurance Plan a young woman enjoys regular and systematic saving and has the added incentive of securing income tax relief on her payments. When she comes to marry she has a valuable option on her policy. If she wishes, she can take a generous cash sum and the rest of what she has paid is transferred to a new insurance on her husband's life. In that way she gets the best of both worlds—a systematic savings plan *plus* income tax reliefs and on marriage, a generous lump sum *plus* the added security of the life assurance on her husband's life.

The Co-operative Insurance Society's plan for single young women is popular with parents too. They

know the value of getting away to a good start in married life. So if you are a single young lady, or the parent of one, why not send for details to-day?

PLEASE SEND ME DETAILS OF THE C.I.S. "WOMEN'S PLAN"
ENTIRELY WITHOUT OBLIGATION

MRS./MISS

ADDRESS

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CO-OPERATIVE INSURANCE SOCIETY LTD.

MILLER STREET, MANCHESTER 4





This year
enjoy the most
unusual holiday
of all at

Butlin's

Nowhere else will you find such a complete holiday resort with such a wide choice of things to do. Everything has been designed to give you the most relaxed, carefree and entertaining holiday.

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FREE HOLIDAY BOOKLET

Complete coupon below, tear off and post to:

BUTLIN'S LTD., DEPT. H.B.; 439 OXFORD ST., LONDON, W.1.

Please send me a free coloured Brochure describing a Butlin Holiday at your Camps and Hotels.

NAME

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ALSO MY FRIEND

NAME

ADDRESS

30

BLOCK LETTERS PLEASE

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**8 HOLIDAY
RESORTS TO
CHOOSE FROM—
AND ALL WITH
THE SAME FINE
AMENITIES.**

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WEST COUNTRY

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SOUTHERN IRELAND

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NORTH WALES

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LINCOLNSHIRE



This year try a Butlin Holiday and we guarantee you a real holiday. At Butlin's you are sure to find the kind of fun and relaxation that pleases you. There's something for everyone. Plenty of activity if you want to join in the fun—or, if you prefer a quiet holiday, you can have that, too.

IT'S A GREAT BIG WONDERFUL HOLIDAY

Only a Butlin Holiday Resort with its fabulous facilities offers so much for your enjoyment. Swimming in two big heated pools, one inside and one outdoors! Tennis, putting, skating, boating! Indoor table tennis, billiards! All kinds of theatre and dancing in three different ballrooms to the rhythm of excellent dance bands. For the children there are puppet shows and an amusement park where they enjoy free rides to their hearts' content. There are competitions, too, with valuable prizes for the winners. Exciting contests for everyone, including grandmother!

CARES ARE FORGOTTEN

There is a wonderful feeling of freedom at Butlin's. Everyone does just what he or she wants to do. Nobody is ever bored for there is always something going on. However, if it's a quiet holiday you want—there are acres of lawns with plenty of chairs for sunning. Indoors, there are comfortable, spacious lounges and a variety of coffee bars. And, of course, at every Butlin Holiday Resort you have the sand and sea and lovely garden walks. Whether you choose to join in the fun or be a spectator, you'll find a Butlin Holiday is wonderful.

MORE LEISURE FOR PLEASURE

You enjoy every minute of your holiday time at Butlin's. No housecleaning to do, not even a bed to make—our chalet maids see to that. No cooking, no tiresome washing up. You sit down to three delicious meals a day, served to you by your own waitress at your own reserved table. Every Butlin Holiday Resort has trained nursery nurses to look after baby and there is even a free nappy washing service! It's a real holiday, when parents are free to enjoy the wonderful evenings of entertainment at Butlin's knowing that the chalet patrol is keeping a watchful eye and a alert ear to sleeping children.

Billy Butlin

DETACH HERE

POST CARD

AFFIX

2½d

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Detach along
dotted lines
and

**POST
THIS CARD**

BE SURE TO
FILL IN YOUR
NAME AND ADDRESS
ON BACK

BUTLIN'S LTD.,

439, OXFORD ST.

LONDON, W.1.

TAMWORTH INDUSTRIAL CO-OPERATIVE SOCIETY LTD.

COLEHILL, TAMWORTH

GOLDON WEDDINGS

Mr and Mrs Vickery, 10, Parson Street, Wilnecote, May 23.

Mr and Mrs J. Illsley, Albert Road, Tamworth, May 9.

YOUTH VISITS

YOUTH leaders and members of the Co-operative youth movement may soon have the chance of visiting Czechoslovakia and Hungary.

The movement's working group on youth exchanges with Eastern European countries is making provisional arrangements for visits to Hungary in the second half of August, and Czechoslovakia in September.

Travel will probably be by sea and rail and the cost will be £35 per head.

Columbus . . . or Erikson, Discoverer of New World?

THE old Viking sagas recounting the voyage of Leif Erikson to America may, it seems, be based on historical fact. This is the opinion of Norwegian explorer and author Helge Ingstad, who has spent the last three summers in Newfoundland, Canada, excavating what he believes to be the remains of an ancient Norse settlement.

Mr Ingstad and members of his expedition have unearthed traces of a number of dwellings of exactly the same type as that used by the Norsemen in Greenland. Finds from the site tested for radioactivity proved to date from about the year 1,000 A.D.—nearly 500 years before Columbus discovered the New World.

American archeologists who have visited the site have confirmed that it provides evidence of a pre-Columbian Norse settlement. If the evidence is accepted, history textbooks may soon show that Erikson, and not Columbus, was the real discoverer of America.

TV EDUCATION GROWING

THREE million students in 7,500 elementary or secondary schools, and thousands more in colleges, are receiving part of their daily instruction by television in the United States.

One of the most significant developments in the use of television as an aid to classroom learning is the rapid growth of closed-circuit systems, which enable six or more programmes to be sent simultaneously from a school system's originating studio directly to classrooms, by coaxial cable or microwave relay.

According to a recent study by the Institute for Communications Research of Stanford University, every major school, college, and university in the United States will have at least one closed-circuit television system by 1971. The report estimated that, in elementary and secondary schools, television would be used during about a third of the student's class time.

Computer effects?

THE Manpower Research Unit of the Ministry of Labour has launched a new inquiry to

establish what effects the introduction of computers has had, or is likely to have, on office employment. The inquiry is intended as a first step in a broader survey of the whole future of office employment.

Publicity week for auxiliaries

NATIONAL Auxiliaries Week this year will run from Saturday, October 24, to Saturday, October 31. Aim of the week is to publicise the activities of all auxiliaries and to increase their membership by forming new branches and strengthening existing ones.

A paper has been prepared outlining suggested activities during the week, and it is recommended that a local joint auxiliaries council should be set up in all societies where there are branches of more than one auxiliary.

It is recommended that a small *ad hoc* committee, composed of representatives of the education committee and the auxiliaries, should plan the week's activities in detail.

Suggestions for activities offered in the paper are:

New members' socials, publicity in the store, formation of new branches, events linking trade and auxiliary publicity, propaganda functions, and conferences and rallies.

OBITUARY

We regret to report the deaths of the following members, and offer our sympathy to the bereaved relatives.

John William Ward	Warton	March 13.
Henry Hunt	Tamworth	March 23.
John Gorton	Tamworth	March 26.
Rose Eleanor Thompson	Kingsbury	March 29.
Marion Edna Lucy Smith	Tamworth	April 7.
Clara Ellen Woodward	Kingsbury	April 8.
Ann Brindley	Tamworth	April 8.
Joseph Arthur Williams	Tamworth	April 11.
John William Wood	Bolehall	April 11.
Hilda Painter	Tamworth	April 12.
Milly Lavinia Phillips	Tamworth	April 13.
Alice Jew	Wilnecote	April 17.

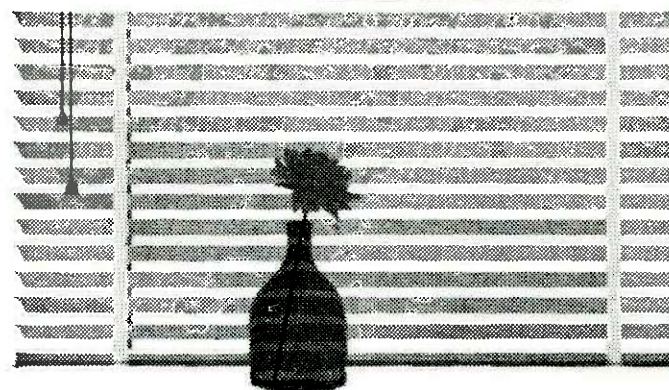
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At your windows
in a choice of
delightful
colours



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Be sure to think about the finest in the world. While you're thinking about them, why not measure your windows?

Bring the measurements to us, and we will gladly give you a quotation.

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HOLIDAYS
IN
MIND . . .

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Cases in a variety of colours, and sizes, from 27/11 to £8 19s. 11d.

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FULL RANGE OF COMPANION CASES FOR ACCESSORIES

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EDUCATION FOR DEMOCRACY

By A. J. Gardner, B.Sc. (Econ.)
Officer for Member
Education, Co-operative
Union Ltd.

HOW many readers of Home Magazine realise the opportunities available to them through their society's education department? Up and down the country many thousands of Co-operative members are attending meetings, demonstrations, schools and concerts, and a wide range of special classes and courses.

Since societies are democratically owned and controlled by members, it is necessary to make contact with these members and involve them in the processes by which societies are governed.

This is the function of social evenings, coffee mornings, film shows, and conferences—to show the new member in particular what Co-operation has to offer in terms of ideas, as well as of goods and services.

Societies also seek to meet the needs of their members as individuals—and in particular as consumers—and this aspect of member education probably offers the widest scope of all.

The Co-operative Movement is an organisation of consumers and seeks to help its members to become wise shoppers, aware of their importance and power as consumers. Special demonstrations and similar events are organised to provide consumer information.

Last year 4,000 members attended courses of this type.

A more recent development has been the formation of Co-operative consumer groups, meeting on a regular basis and providing a programme of discussions and demonstrations. Societies also seek to meet the cultural needs of members in choirs, drama groups, and other similar bodies. There are now 305 such groups.

Co-operators seek to develop and strengthen their own societies and also to spread Co-operative ideas and methods to other parts of the community. To do this they need opportunities to learn about and discuss their own Movement and the economic and social environment in which it exists.

Thus, there is a variety of courses and schools in Co-operative and social studies—in 1962-63, over 15,000 members attended such courses.

Finally, those who serve the Movement in positions of leadership—on boards and education committees and as guild officers—need the tools for their respective jobs. To meet these needs, there are training and other courses provided in local classes, weekend schools, correspondence courses, and at summer schools held at the Co-operative College.

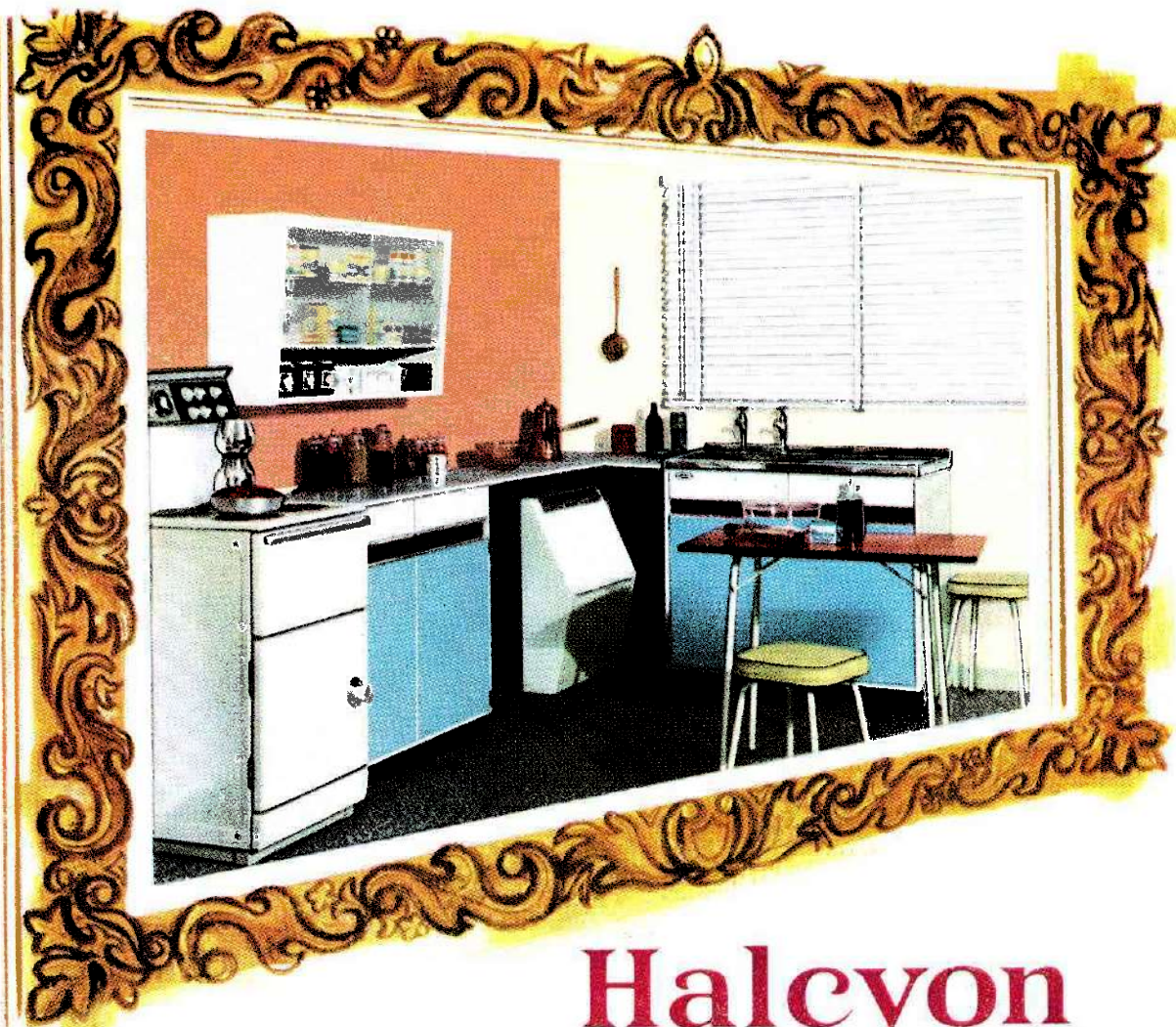
All these, and many other aspects of member education, are served by the provisions of the Co-operative Union education department, which provides syllabuses, study guides, and booklets. The department also produces filmstrips and tape recordings, and a bi-monthly wall newspaper.



Co-op members study a lecture course advertisement

SAY 'WHEATSHEAF'

AND GET - 'THE BEST OF BREAD'



Halcyon

puts new beauty into every home

GLOSS FINISH. UNDERCOAT.
EMULSION WALL FINISH.
EGGSHELL FINISH.

There's a brilliant colour range, too!

... a brilliant new lustre, a satin-smooth sheen that must be seen to be believed — that's HALCYON Gloss Finish, the quick-drying paint that's a joy to use. And inside or outside the home, HALCYON'S extra covering power, extra durability, make it a real money saver!



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