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FOOD FACTS

Carried meals *plus*

THE PROBLEM of filling sandwiches or pasties is usually the problem of filling the family too. Whether it's Dad at his work or the family on a picnic, you can get full marks for flavour, and give them plenty of good "builder" as well, by choosing from these kitchen-tested recipes.

SNOEK SPREAD

Ingredients: ½ can snoek; 2 tomatoes, skinned and chopped; 3 level tablespoons grated carrot; 1 teaspoon vinegar; salt and pepper to taste.

Method: Mash the snoek and mix with the other ingredients.

FISH PASTIES

Ingredients: Pastry using 6 oz. flour; 8 oz. white fish or snoek, cut in cubes; 4 oz. cooked diced potato; 1 level tablespoon chopped parsley; 2 level tablespoons chopped onion; 1 level teaspoon salt; ¼ level teaspoon pepper.

Method: Roll the pastry into four 6 in. circles. Mix the fish with the other ingredients and pile a quarter of the mixture on each piece of pastry. Damp the edges of the pastry and seal into a pasty shape. Bake in a hot oven for 30 minutes.

SPICED SNOEK

Ingredients: 4 spring onions, chopped; liquor from the snoek, 4 tablespoons vinegar; ½ can snoek, mashed; 2 level teaspoons syrup; salt to taste; ½ level teaspoon pepper; salad.

Method: Cook the onions in the fish liquor for 5 minutes. Add the snoek, syrup and seasoning and mix well. When cold, place in a screw-top jar, and carry freshly washed salad in another jar.

ONION & CHEESE SQUARES

Ingredients: Pastry using 6 oz. flour; 4 oz. onion, very finely sliced; 1 level teaspoon salt; ¼ level teaspoon pepper; 2 oz. cheese, grated.

Method: Roll out the pastry to an oblong about ¼ in. thick. Spread the onion over one half of the pastry and sprinkle with the seasoning and grated cheese. Damp the edges of the pastry, fold over and seal. Mark into squares and bake in a hot oven for 30 minutes. (N.B.—The onion may be replaced with chopped spring onions or skinned, sliced tomatoes.)

Enjoy a glass of **MILK** every day while it is still plentiful

BUTTER OR MARGARINE EXTENDER

Ingredients: 4 oz. butter or margarine; ½ level tablespoon flour; ¼ level teaspoon salt; ½ pint milk, or milk and water.

Method: Put 3 oz. butter or margarine in a bowl and cream with a wooden spoon. Melt the remaining 1 oz. in a saucepan, work in the flour and salt and add the milk. Bring to the boil, stirring all the time, and boil gently for 5 minutes. Cool and add to the fat in the bowl. Beat until smooth and allow to cool before using.

THE MINISTRY OF FOOD, LONDON, S.W.1. FOOD FACTS No. 467

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Parents who have given the troop magnificent support.

With one of the finest headquarters in the town, a membership higher than ever before, enthusiastic leaders and the backing of a hard working committee the 4th Morecambe and Heysham Sea Scouts is one of the foremost troops in the town and possesses the strongest senior scouts section in the district. Formed in March 1930 with 8 scouts, the troop now boasts a membership of 65, including a wolf cub pack, cub-mistress and two assistants; a scout and senior scout troop.

In the troop log book, slightly battered by rough treatment through the years, are the faded cuttings representing many of the troop's activities. A particularly treasured photograph depicts the five King's scouts and scoutmaster who attended the Jamboree in Holland in 1936; a year previously, three scouts and a scoutmaster went to the first St. George's day ceremony at Windsor Castle, when the salute was taken by Their Majesties King George V and Queen Mary. This is now a well established event in the scouting movement.

A Saga Of Service

In 1936 the troop was again in the news, both nationally and locally, when Mr. Fred Driver and Mr. A. Briggs made a daring rescue of two people whose boat had overturned in the Bay.

There is also in the log book an account of the Ingleton camp in 1935 which is claimed by some of the older members of the troop to have been the best ever; three years later on board the Implacable in Portsmouth Harbour; in 1939 on the Norfolk Broads; and, finally the 1945 Jamboree in France.

FRANK MORPHETT

Like other youth organisations the 4th troop sent many boys into all branches of H. M. Forces and two died on active service. They were Lieut. R. H. Bruton, assistant scoutmaster of the land section, who died whilst serving in India with the Royal Indian Army, and the Rover Mate H. Bramhall, Joiner 4th class Royal Navy, was killed on H.M.S. Hood in 1941. Every year the Rover Crew meet on Empire Day and lay a wreath on the cenotaph to their comrades' memory.

ROY ANDERSON

So much for historical background. What about the men who have made it the excellent troop it is to-day? One of these is Mr. Fred Driver, whose work has been recognised by the Association, which awarded him the Merit Medal. Mr. Driver is the only holder of the award in the district. He founded 4th Morecambe in 1930 but because of his age was appointed assistant scoutmaster with Mr. S. Makin, group scoutmaster. Both men worked wonders to get the troop really on its feet, and with them was associated Mr. Toole the first cub-master. Mr. Driver was appointed Scoutmaster in 1932 and Group Scoutmaster in 1946. He holds his Woodcraft badge and 15 years service badge. Another "old faithful" member of the crew is Mr. A. Briggs, now Assistant Senior Scout master, and a valuable member of the troop. The senior Scoutmaster is Mr. Hornsey and others who, in the past, have done a great deal of the work for the troop are Mr. Brennan, group secretary; Mr. John Carter, A.S.M., Mr. Jim Priestley, Miss Court and Miss Tyler (with the cubs during the war), just to mention a few. The troops new and enthusiastic Scoutmaster is Mr. J. W Beckett and Mrs. Beckett is in charge of the cubs.

The Headquarters of the 4th Morecambe are ideally situated under Bare Methodist Church and include a large parade room; a wolf cub den; a senior scout room and two patrol rooms; a scouters den; a Guide room; a rope and camp stores; shooting range; handicraft room and kitchen. From time to time these have all been decorated and furnished with odds and ends, scrounged from willing parents and helpers.

In the way of training equipment the troop has a 23ft. motor launch which they have recently purchased, several dinghies and a canoe. The scouts are out in these boats regularly during the summer and their winter meeting are mostly occupied in the repair and general over-haul of the craft.

King's Scouts

The two scouts, Frank Morphet and Roy Anderson pictured on this page are the only two scouts in Morecambe to have qualified as King's Scouts under the new badge system. Nowadays the tests are far more difficult than before. They have to qualify as first class scouts and undergo many other tests to finally qualify.

Frank and Roy both went down to Windsor Castle earlier this year for the presentation ceremony when the salute was taken by their Majesties King George VI and Queen Elizabeth. The two scouts spent a week in London on board the Discovery as guests of the Imperial Headquarters.

Badges of merit for services are not confined to the troop, for two members of the Parents' Committee have been awarded a "Thanks" badge. They are Mrs. Ratcliffe, a former chairman, and Mrs. Thornton, who recently retired. The committee has worked very hard to raise the necessary funds for the troop, and whist drives, jumble sales, and bring-and-buy sales have been organised regularly during the past years and the proceeds have helped the troop enormously.

Mr. Driver hopes that very shortly a Rover Crew will be started and also an Old Boy's Section. A group re-union is held annually and past and present members swop reminiscences during a convivial evening.

Library Plan

Mr. Beckett has already roped in many of the "backsliders" and has had an increase of six scouts during the last two months, plus three or four cubs. He intends to start a troop library, and has already secured a number of books, but more are still needed and would be welcomed on behalf of the boys. Money will be raised by the scouts themselves by a modified "bob-a-job week" scheme for the purchase of new books and advantage will also be taken of the County Library's invitation for organisations to borrow books

About twelve scouts are to go on a training week held later this year by the District Association; a camp show is to be organised for this winter and both scouts and senior scouts are anxious to finish work on the boats and get them on the Bay. Leaving the most ambitious scheme until the end, Mr. Beckett hopes to start a troop magazine, an excellent project which might possibly bring to light some future novelist or at least some headaches for the editor of the magazine.

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