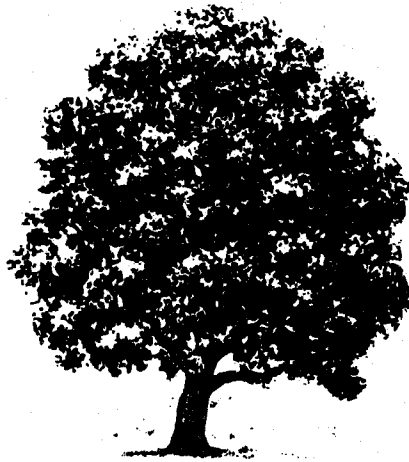


The Chronicle

Parish Magazine for Aston Abbotts



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November 1984

No. 15



Editorial

The Church clock to chime again. This is the latest news from the P.C.C.. For those of you in Wingrave Road or on Lines Hill this might be a pleasant, if somewhat, distant, thought; but those of us nearer to the bells might have different views! I well remember first moving into Church Row and the many months it took to adjust to the quarter hourly reminder that the Row was well named. But adjust we did. In time you can get used to most things. The thought of a few more months of sleepless nights is however not a pleasant one. Your views on this subject would be much appreciated.

Another thought struck (if that's the right word) me while assembling this month's edition - just what are we to call the "Church Room". Some, I note, prefer 'Village Room' (a little cumbersome on the tongue, it somehow does not sound right), while others retain the 'Church'. What's it to be? Perhaps we can think of some compromise, but not 'community hall' please.

My thanks to two new contributors: L.O. Mebuty, with what I hope will be the first of many articles for our Estone Chronicles feature, and Terry Doel, whose success both at running and writing will, I trust, persuade him to continue with both. Also starting for the winter season a monthly quiz which I hope will prove at times amusing and at worst informative. Please remember this is your magazine and I would like to print your news and views - the more I receive, the easier the job becomes.

Graham Parker.

HOW TO PASS ON ARTICLES/INFORMATION FOR THE "CHRONICLE"

1. By telephone to Graham on Aston Abbotts 325.
2. By dropping a note through his door - The Cloisters.
3. Use the box in the Village Shop.

DEADLINE DATE FOR THE DECEMBER ISSUE

By the 22nd. of November please.

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NOTICEBOARD

Events for your diary:

Friday 2nd. November : COFFEE MORNING & CRAFT PARTY

MARY - HELEN invite you to a coffee morning and Craft Party at "White Wheels" on Friday 2nd. Nov. at 10.30 in the morning. Coffee and biscuits 25p., and there will be a raffle for CHRONICLE funds.

MONDAY 5th. NOVEMBER : BONFIRE NIGHT

CELEBRATE ON THE RECREATION GROUND START 7.00p.m.

Cash donations to purchase fireworks to Bridget Brandon or bring along one large firework on the night - rather than several small ones. Hot potatoes, soup and 'bangers' will be available at moderate prices. So, please come and enjoy the traditional evening around the bonfire.

Thursday 15th;
Friday 16th and
Saturday 17th.
November.

: WINGRAVE PLAYERS Present Noel Coward's
"HAY FEVER"

AT: Wingrave Community Centre 8.00 p.m.

TICKETS: 75p. Thursday performance: £1.00 Friday and £1.25 for the Saturday performance. Available from Ann Grant (A.A.225) and Neil Gurney (509).

Sunday 18th. November : FOOTPATH WALK

Meet at The Green at 2.00 p.m.

Saturday 24th.
November

: WINGRAVE CUBS & SCOUTS BAZAAR

AT: Wingrave Community Centre 2.00 p.m.

Next Parish Council Meeting:
Friday November 16th.
8pm. Church Room.

8th. ANNUAL CHRISTMAS SHOW

6th., 7th., and 8th. December.

Anyone interested in taking part in this years show would be very welcome. Just ring John Whyte (685) Les Smith (368) or Chris Brandon (425). Tickets for the show are available from Chris, priced at £1.50 or £1.00 for children and Senior Citizens. Please order early (cash with order). Raffle prizes would be very much appreciated.

FOR SALE : New Mossoul Rug from Louis de Poortere - heavy quality wool in traditional red and blue. Size 85cm.x 160cm. £55. Tel: A.A. 763.

WANTED : Jumble for November 24th Sale at Church Room in aid of The 1st. Wingrave and Aston Brownies Fund. Send to Mrs. Fox, Church Row.

TRAVEL NEWS

COMMENCING WEDNESDAY 7th. NOVEMBER A FREE BUS BY RED ROVER TO THE NEW AYLESBURY TESCO SUPERSTORE..... DEP. ASTON ABBOTTS (BULL & BUTCHER ONLY) 10.30 a.m. RETURN AT 12.52p.m. WEDNESDAYS ONLY.

There will also be surveys carried out on United Counties buses please make sure you use your buses.

A revised route will also be introduced. Buses to or from Leighton Buzzard will call at Wing(Stewkley Rd.) and not High St. or Wing Hall.

FARE CORRECTIONS: ASTON ABBOTTS TO LEIGHTON BUZZARD 70p.
WING 51p.
CUBLINGTON 42p.
AYLESBURY 79p.(£1.40 RETURN).
Senior Citizens Fares Unchanged.

LEAVE YOUR HOME IN SAFE HANDS

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6, Vicarage Lane, Wing,
Leighton Buzzard,
Beds., LU7 0NU Tel: Wing 546

HOMEMINDERS

Yew Tree Cottage, Church Street,
Wingrave,
Aylesbury, Bucks.
Tel: Aston Abbotts 565



Your Village Shop

OSBORN'S THE GROCERS

'use it or lose it'

ADVERTISE IN THE CHRONICLE.

QUIZ

To help you through the long dark nights we are introducing a quiz page. Contributions for future months would be very welcome. Something fairly straight forward to start with:

On Prime Ministers

Who was:

- (1) The Youngest P.M.?
- (2) The oldest when first taking office?
- (3) The oldest to retire in office?
- (4) P.M. for the shortest period?
- (5) P.M. with the longest tenure of office?

Which P.M.'s wrote:

- (1) Full Circle
- (2) The Past Masters
- (3) A History of the English Speaking People
- (4) Sybil
- (5) The Governance of Britain

WANTED: MANS BIKE - APPLY GEORGE FOX, CHURCH ROW.

UPDATE

VILLAGE ROOM MANAGEMENT COMMITTEE MEETING

The committee met at the beginning of October and opened by thanking Brenda Roff and her team for the highly successful Festival lunch which netted a profit to the Village Room of £97.00. As a result of this income and a share of the Fete proceeds, the Treasurers were able to report a current bank balance of £46 with all debts paid, including the £200 loan.

Disappointment was expressed that the new electricity meter had suffered theft and Chris Brandon undertook to install a lock. The unit will also be 'boxed-in' when funds permit. Chris also agreed to hang the 'Best Kept Village' plaque in the room.

A 50/50 Auction will have been held by the time this issue is published, which we hope will have added further to the funds.

THE CHRONICLE has also been asked to point out that all who hire the room are requested to leave the building as it was found hopefully clean!

NEXT MEETING: 14th. January 1985 at 4.00 p.m. in the Village Room.

ASTON ABBOTTS CHURCH ROOM

AVAILABLE FOR WEDDING RECEPTIONS: BIRTHDAY
PARTIES: FOLK EVENINGS: DANCES: BINGO ETC...

MAXIMUM 60 PEOPLE.

FURTHER DETAILS FROM DORIS SCUTCHINGS ON
ASTON ABBOTTS 243.

COST: £2.50 per hour + metered electricity.
£1.50 per hour + metered electricity
for residents of the parish.

Tuesday Club

Due to popular demand, the "Tuesday Club" has become a coffee morning, to be held every second Wednesday of the month (This is one for 'Quote Unquote' or will the club be renamed the Wednesday Club? Ed.). The new Chairwoman and Treasurer for this year are Mrs. Christine Fox and Mrs. Dolly Hinds respectively. The 'Bring & Buy' at the last coffee morning raised £12 for club funds, and the next get together will be on November 14th. in the Church Room at 10.00 a.m. An Avon representative will be present with her catalogue. We hope that this time will be more convenient. Entrance fee will be 20p, including refreshments, and children are welcome. There will also be a raffle. Tea Hostesses for that day will be Mrs. T. Searle, Mrs. D. Lovell and Mrs. M. Chesher.

Ladies Club

Our meeting on 11th. October was well attended, when Mrs. Kettleborough came for a second time to tell us about Saudi Arabia. She brought some slides with her this time which Mrs. Sinnott kindly projected for us.

At the time of writing we are looking forward to seeing Mr. Lawrence on the 25th. when he is going to tell us about candlemaking.

On the 8th. November we have our A.G.M. and a 'Bring & Buy' Sale.

The annual shopping expedition takes place on 22nd. November, this year to Northampton.

11th. Annual

Waddesdon Open

THE WADDESODN OPEN is now one of the largest cross country meetings of its type in the country. Schools races - for Junior, Intermediate and Senior boys and girls - attract over five hundred competitors from afar afield as London, Warwick and Cambridge. Three years ago we introduced the JOLLY JOG - a family fun run - over a 3klm. course in the grounds of the Waddesdon Manor Estate. Last year nearly two hundred people, aged between six and sixty, took part. At the front it is a hard fought, serious race, toward the back, mums, dads, aunties and uncles enjoy a mornings jog in the country. Why not join them?



THE JOLLY JOG

A "fun run" for all the family that has grown into a major event at the meeting. You can enter as an individual, but if you can find a team of three, who can run, jog or just walk our course, even better.

Entries can be made on the day in the Admin. Room up to 10.45 a.m.

All finishers qualify for one of our "Certificates of Athletic Competence" and an information pack on sport and health. Prizes are also awarded to the outright winner; the winning team, and the first family team to finish. In addition you could win one of our much prized "Special Awards for Gallantry".

Please complete the form below for your Individual or Team entry and either post to us now or hand in on the day.

NAME. _____

ADDRESS _____

OTHER TEAM MEMBERS (Names Only)

TEAM NAME _____



Start Time:
11.00 a.m.

ON THE ROAD

It was early this summer, inspired by watching the London Marathon, that I decided to make an attempt at running. I have never shown any particular aptitude but I did admire and envy those who could run, particularly those who ran the long distances.

I trained for four months for my first race but suffered several setbacks during this period. My first attempts at even jogging at a sedate pace were terrible. I would manage maybe half a mile before having to stop, gasping for air. Within a couple of weeks I could run to Cublington and back.

In the early stages of training I suffered from shooting pains in my shins and I came to the conclusion that my shoes were the cause. I purchased the cheapest pair of running shoes and the aching shins gradually returned to normal. My aim was to increase my distance by one mile per week. One day a week a long run and the other days I concentrated on shorter distances.

Two weeks before the race I had increased my longest run to ten miles. The week before the race I was feeling fairly fit, recording faster times and free from injury. The final weeks preparation was fairly easy - four five mile sessions.

An early light breakfast, half an hour lumbering up, and off to Milton Keynes. It was dark, windy and raining when we left, and the prospect of reasonable weather looked remote. However by nine O'clock the sun broke through the clouds and conditions were fine despite a strong wind.

I started at the rear of the pack of runners as I had no idea of the standard of my fellow competitors and I thought I would gain in confidence from overtaking a few rather than starting at the front and be continually relegated through the field. My plan was simple, a steady, respectable pace throughout the race.- the target: thirteen consecutive eight minute miles.

The first three miles were great - I worked through the backmarkers with relative ease. By this time the runners were spread out and the race which started on the road for two miles, continued on the winding paths. At four miles I suffered stomach cramps which I had not encountered before. I gritted my teeth, slowed down slightly and after about ten minutes I was feeling fine. I continued to pass other runners, albeit very slowly, especially on the hilly sections, of which there were many.

At the seven mile marker I felt a twinge in the back of my left leg and as I was more concerned with finishing than recording a fast time I slowed down. The last few miles were tough. I felt I was crawling but a glance at my watch indicated I was still on target for one hour forty four minutes.

Eventually the end was in sight, no sprint finish from me after thirteen miles, but I was well chuffed!



Terry Doel

Who's who for BCVS

PART TWO

I hope this list of the voluntary organisations in Bucks will be of some use.

CHILTERN CHESHIRE HOME 29 North Park, Gerrards Cross, SL9 8JT. Gerrards Cross 886170	Miss J. Youngs,
CHILTERN COUNCIL FOR VOLUNTARY SERVICE 8 Gayton Close, Amersham. Amersham 7515	W. H. Cadamy,
THE CHILTERN SOCIETY Silver How, Little Hollis, Gt. Missenden. Great Missenden 3524	A. Leighton,
COUNCIL FOR THE PROTECTION OF RURAL ENGLAND (C) (Bucks Branch) The Old Post Office, Westbury, Brackley. Fimmere 212	C. F. MacLaren, OBE.,
EASTERN REGION YOUTH HOSTELS LTD. (C) Old Brewery House, Ivinghoe, Leighton Buzzard. Cheddington 668251	J. Chaplin,
FAMILY PLANNING ASSOCIATION - North Thames Region (W) 38b St. Peter's Street, Bedford.	Mrs. K. Arger
FRIENDS OF THE VALE OF AYLESBURY (C) Decoy, Over Winchendon. Aylesbury 651247	Mrs. A. Bowles,
HIGH WYCOMBE CENTRAL AID SOCIETY (W) High Wycombe. High Wycombe 35890	35/37 Amersham Hill,
HIGH WYCOMBE COMMUNITY HEALTH COUNCIL (W) 7 Priory Road, High Wycombe. High Wycombe 445910	Mrs. P. Keep,
MANOR BROADCASTING (RADIO PARK SOUND) 59 Walton Way, Aylesbury. Aylesbury 22182	Mrs. A. Fenton,
MILTON KEYNES COMMUNITY HEALTH COUNCIL (W) 63 North Seventh Street, Central Milton Keynes MK9 2DP. Milton Keynes 663800	David Baxter Centre,
MILTON KEYNES COUNCIL OF VOLUNTARY ORGANISATIONS (W) 63 North Seventh Street, Central Milton Keynes MK9 2DP. Milton Keynes 605655	David Baxter Centre
NATIONAL ASSOCIATION OF LEAGUES OF HOSPITAL FRIENDS (W) Old Orchard, Upper Icknield Way, Ellesborough, Aylesbury. Princes Risborough 3810	K. H. Robbins,
NATIONAL COUNCIL OF WOMEN OF GREAT BRITAIN (Aylesbury and Mrs. J. Skinner, 23 Regent St., Aylesbury. Aylesbury 5225	District) (C/W))
NATIONAL COUNCIL OF Y.M.C.A. (Eastern Region) 1 Park Road, Ipswich	R. Onions,
NATIONAL FEDERATION OF MUSIC SOCIETIES (Bucks, Berks & Oxon) 2 Murdoch Road, Wokingham, Berkshire	Mrs. A. Harrison,
NATIONAL SCHIZOPHRENIA FELLOWSHIP (Bucks Group) (W) 21A Chanies Avenue, Amersham. Little Chalfont 2443	R. N. Lines, MBE,
NATIONAL SOCIETY FOR EPILEPSY (W) Chalfont Centre for Epilepsy, Chalfont St. Peter, Gerrards Cross SL9 0RJ. Gerrards Cross 883991	M. J. P. Stevens,
NATIONAL SOCIETY MENTALLY HANDICAPPED CHILDREN (W) 5 College St., St. Albans, Herts.	M. Ismay,
NATURE CONSERVANCY COUNCIL (C) Foxhold House, Thornford Road, Crookham Common, Newbury	Regional Officer,
OXFORD DIOCESAN COUNCIL FOR THE DEAF (W) The Deaf Centre, Tindal Hospital, Aylesbury 83947	Rev. P. T. Corfmat,
PARTIALLY SIGHTED SOCIETY - BUCKS (W) 124 Narbeth Drive, Aylesbury. 5752	Mrs. G. E. Allen,
THE PRIORY CENTRE (W) 11 Priory Road, High Wycombe 23440	Miss L. Wilson,
ROYAL AIR FORCE - HALTON R.A.F. Halton. Wendover 623535	The Community Relations Officer,
ST. JOHN AMBULANCE ASSOCIATION & BRIGADE (W) County H.Q., Croft Road, Aylesbury. Aylesbury 3886	
S.S.A.F.A. (W) 21 Blacksmith's Hill, Aynho, Banbury. Croughton 663	Major I Graham,
TELEPHONES FOR THE BLIND - BUCKS (W) 79 Stanley Hill Avenue, Amersham. Amersham 6467	Dr. P. C. Varley,
W.R.V.S. (C/W) 2 Rickford's Hill, Aylesbury. Aylesbury 82813	
W.E.A. (Berks, Bucks & Oxon District) Walton House, Walton St., Aylesbury 83648	A. Taylor,
AYLESBURY VALE DISTRICT COUNCIL The Mall, Friars Square, Aylesbury. Aylesbury 5900	
CHILTERN DISTRICT COUNCIL Elmodesham House, 42 High St., Amersham (P.O. Box 21) Amersham 4433	
BOROUGH OF MILTON KEYNES Civic Office, 1 Saxon Gate East, Central Milton Keynes, MK9 3EJ. Milton Keynes 679200	
SOUTH BUCKS DISTRICT COUNCIL Council Offices, Windsor Road, Slough. Slough 33333	
WYCOMBE DISTRICT COUNCIL District Council Offices, Queen Victoria Road, High Wycombe. High Wycombe 26100	

BUCKINGHAMSHIRE COUNTY COUNCIL - EDUCATION DEPARTMENT

Headmaster:
~~XXXXXXXX~~ I. Andrew B.Ed.
Phone: WING 264, 632

WING COUNTY SECONDARY SCHOOL
AYLESBURY ROAD
WING
LEIGHTON BUZZARD
BEDS LU7 0NY

September, 1984

Dear Friend,

I have recently taken up my appointment as Headmaster at Wing School following the retirement, after 25 years as Head, of Mr. George Liddell. This letter is therefore an opportunity of introducing myself to you and suggesting ways in which we might work together.

Residents in the Villages fall into three groups as far as Wing School is concerned. Firstly there are those who have children who either come to the school now or may come in the future. Secondly there are those who make use of the facilities offered by the Youth and Community section and take part in courses organised by Dr. Alan Owen either at the School or in the villages. Thirdly there are residents who, at the moment, have no connection at all with either the school or the Youth and Community organisation.

For those who are parents may I say that I see school as a partnership. It involves parents, pupils and teachers and unless the three work closely together then the pupils will not be able to develop their potential to the full. If at any time you have a child at the school can I ask you to keep in close contact with us? Parents often have worries about their child at school and I have found that in most cases the problems can be solved very quickly once we know about them. Please contact your child's form teacher, house leader or senior staff with your worries, complaints, child's interests so that we can help them to gain in every way from their time at school.

Most of you may know that the County Council are very keen to encourage Adult Education. In the Wing area their representative is Dr. Alan Owen and he is based at the school. He already organises many courses in the school and the villages but he would always be pleased to consider further developments. Sometimes it may be a self-supporting group that just needs somewhere to meet. If you feel that you have an idea that you would like to be considered please contact him and he will be delighted to offer advice and help where possible.

Adults who do not have contact with the school in any way may just see us as a necessary evil. This could be the case particularly in Wing if young people cause a nuisance. I fully realise that occasionally a pupil from the school will behave in an unacceptable way. If they do this at a time when they should be under my care then I would like to know about it. Sometimes it is difficult to identify individuals and we may appear to do nothing, but all complaints are followed up. An early phone call sometimes helps us to catch the culprit and then we are able to work with the parents to try to avoid similar problems happening in the future. There may also be other ways in which the School can help members of the local community. I would be very pleased to meet any of you to talk about ways in which the school and the community can work closely together. I am very keen to develop the school facilities where this can be done in accordance with County regulations and I hope to hold a meeting during Autumn inviting your view on various suggestions that have been made. I should mention though that there is some unauthorised use of the premises particularly at weekends and this has led to damage and to a nuisance being caused for local residents.

Cont./.....

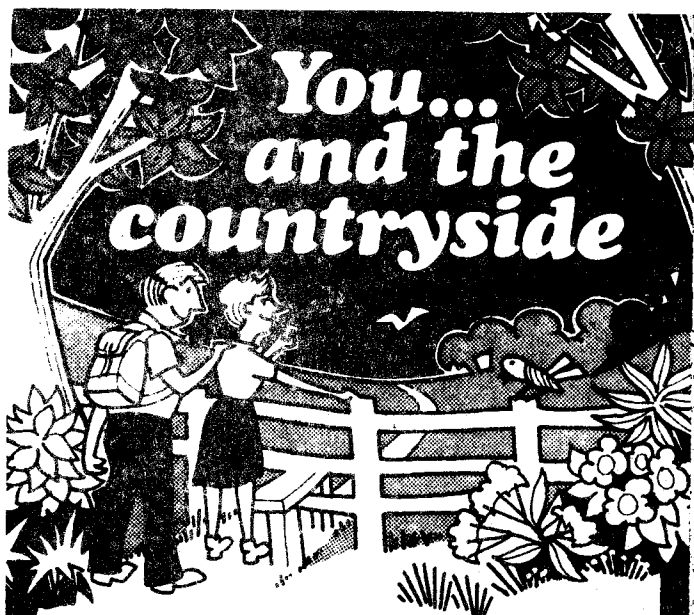
I hope that, in this brief outline, I have made clear that I would like to see the School used to the full for the benefit of pupils and all members of the local villages. It would also help me if parents and other adults would let me know of any problems they have if there is any possibility of the school being able to help.

In the near future I would like to meet as many of you as possible and I hope that we can work together to develop even further the work we already do here.

Yours sincerely,

Ivan Andrew

IVAN ANDREW
Headmaster



The countryside is there to be walked in. It's the best way to see it and most of us enjoy a country walk – two miles or 20, or anything in between according to taste.

But, whether you stroll the local paths or stride out on the long-distance routes, you ought to be in the RA – the Ramblers' Association.

Why? Even with a good map and the skill to read it, the way can be hard to find – and that is probably neither your fault nor the map's. Barbed wire, missing signposts, paths ploughed and planted over, and trespass notices on the open hills: such problems crop up more often than they should.

And while you're walking you can't help noticing how the countryside is changing: hedges ripped out to make prairie-style fields, copses hacked down, grim ranks of conifers on the once untamed uplands.

In some places problems like these are enough to interfere seriously with the pleasure of a country walk; other places have – so far – escaped. But everywhere the problems need watching if our children's countryside is not to be dull and difficult to walk in.

Tackling these problems is the RA's job. But how...

Locally, the RA guards the rights of way – and that is quite a job because there are more than 100,000 miles of them in England and Wales. Our network of footpath vigilantes challenges path closures and route changes where these are against the users' interest (they often are). We report obstructions to the local authorities and insist on action. Our 230 local groups run working parties to keep the paths clear, build stiles and put up signposts and waymarks.

Nationally, the RA is the walkers' pressure group. We are in close continuous contact with ministers, MPs and civil servants about all legislation and policy plans affecting the countryside and access to it.

Join now!

You will be walking and working with 44,000 others. Together you will be making the countryside a better place to walk in.

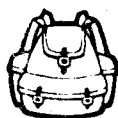
Membership gives you: ■ **A local group** to walk with (but go on your own if you prefer); most groups run social events too. ■ **Free annual Bed and Breakfast Guide** with more than 2,000 addresses where walkers are welcome. ■ **Rucksack**, the RA's own magazine, plus your own area news, four times a year. ■ **Use of our 1:50,000 Ordnance Survey map library.** ■ **Discounts** in more than 100 outdoor equipment shops. ■ **Free fact sheets** on walking and walking guides for all parts of Britain; **special offers on publications**; a discount subscription to **The Great Outdoors** magazine. ■ **Access** to our national service of expert advice and information.



I wish to apply for membership of the Ramblers' Association and enclose my remittance as follows:

Ordinary	£7.00	<input type="checkbox"/>	NAME
Joint Membership	£8.80		
*Reduced Rate	£3.50	<input type="checkbox"/>	ADDRESS
*Joint Reduced	£4.40	<input type="checkbox"/>	
Life Membership	£245.00	<input type="checkbox"/>	DATE
Donation		<input type="checkbox"/>	
TOTAL		<input type="checkbox"/>	

*Members under 18; students; disabled; unemployed and retired persons.



Ramblers' Association

1/5 Wandsworth Road, London SW8 2LJ. 7/84

BOOK OF THE MONTH

"A SATURDAY NIGHT SOLDIER'S WAR 1913-1918"

by Norman Tennant.

Published by the Kylin Press at £9.75.

Hardback, 128 pages, with many illustrations from Tennant's sketch books.

Right is Tennant's impression of himself sketching during his years at the front.



Last month I introduced you to the Kylin Press of Waddesdon and two of their best selling local history books. This month's choice is another Kylin inspired publication, Norman Tennant's 'A Saturday Night Soldier's War'. This is a worthy addition to the vast range of First World War literature, telling, as it does, the story of the Territorial Army recruits. Suffering under the derisive nickname of Saturday Night Soldiers these men eventually earned the begrudging respect of the regular army. They fought with great distinction in all the war's major battles from Aubers Ridge and Ypres to the Somme and Passchendaele.

The war had interrupted Norman Tennant's studies at Bradford School of Art, but during his years at the front he kept a detailed illustrated diary upon which this book is based. Exposed to enemy shell fire for weeks and even months on end, it was almost three years to the day before a shell splinter in the face gained Gunner Tennant a reprieve from the haunted hours at the front.

Norman Tennant has now retired from a long teaching career and lives in Drayton Parslow where he continues to paint and exhibit.

An experiment in beds



The lemonade-monger

ASTON ABBOTTS COOKBOOK

This recipe is a good way of using some of the glut of apples that are around this year.

GERMAN APPLE CAKE.

Filling

- 1 lb Cooking apples, peeled, cored and chopped into $\frac{1}{2}$ " pieces.
- 2 oz Sultanas.
- 1 oz Chopped walnuts.
- $\frac{1}{2}$ level Teaspoon Ground Cinnamon.
- 2 oz Demarara sugar.

Method

Mix all the ingredients together.

Ingredients for the Cake

- 4 oz Caster sugar.
- 5 oz S.R. Flour.
- 4 oz Butter, melted.
- 1 Large egg, beaten.
- Pinch of Salt.

Method

Mix all the ingredients for the Cake in the order given.
Grease an 8" loose bottomed cake tin and line the base with greased, greaseproof paper.
Cover the base of the tin with $\frac{2}{3}$ of the Cake mixture, smoothing it with the back of the spoon.
Arrange the filling on top of the cake mixture and level the surface.
Put the rest of the cake mixture on top of the filling in small spoonfuls so that it almost covers the filling.
Bake at 350° for 50/60 mins.
Leave the cake in the tin until it is cold.

Serve as a Pudding with Cream or Custard, or as a Cake for tea.

"SWIMMERS" OR PLAIN DUMPLINGS

Following last months mention of 'swimmers' in Abbottsbury's article several people have asked what they are many of you will be well aware that they are that old favourite of childhood - a dumpling. Not seen so often these days and sadly missed! For those not familiar here is how you make a filling plain "Swimmer" to go with that stew:

- $\frac{1}{2}$ lb. S.R. Flour:
- 2ozs. Shredded Suet
- $\frac{1}{2}$ teaspoon salt
- About $\frac{1}{4}$ pint of water

Mix flour, salt and suet together, mix to a firm dough with cold water.
Cut into even pieces and roll into balls. Drop into boiling water and cook for about 25 mins. Boil steadily or swimmers will break.