

| EAST AFRICAN SERVICE          | Kenya Castle<br>Left London<br>19th February<br>for East and<br>South Africa | Rhodesia Castle<br>Left London<br>18th March<br>for East and<br>South Africa |
|-------------------------------|------------------------------------------------------------------------------|------------------------------------------------------------------------------|
| Master .. ..                  | H. Holland                                                                   | H. N. Dryden                                                                 |
| Chief Officer .. ..           | B. Mitton                                                                    | G. Beaumont                                                                  |
| Second Officer .. ..          | P. Jordan                                                                    | P. Robson                                                                    |
| Junior Second Officer .. ..   | W. Bewley                                                                    | C. Brown                                                                     |
| Third Officer .. ..           | F. Jones                                                                     | M. Whiteford                                                                 |
| Fourth Officer .. ..          | B. Thompson                                                                  | I. Cameron                                                                   |
| Carpenter .. ..               | D. Bates                                                                     | S. Gray                                                                      |
| Boatswain .. ..               | M. Hawken                                                                    | C. Parker                                                                    |
| Master-at-Arms .. ..          | R. Carson                                                                    | R. Hall                                                                      |
| Master-at-Arms .. ..          | L. Langley                                                                   | G. Cook                                                                      |
| First Radio Officer .. ..     | R. Cullen                                                                    | T. Peake                                                                     |
| Second Radio Officer .. ..    | J. Walker                                                                    | H. McColl                                                                    |
| Third Radio Officer .. ..     | D. White                                                                     | W. Harris                                                                    |
| Surgeon .. ..                 | F. Drake                                                                     | J. Warren                                                                    |
| Nursing Sister .. ..          | Miss J. Adams                                                                | Miss A. Whitlock                                                             |
| Chief Engineer .. ..          | F. Benham                                                                    | D. Fraser                                                                    |
| Snr. Second Engineer .. ..    | S. Mason                                                                     | R. Brown                                                                     |
| Int. Second Engineer .. ..    | H. Medforth                                                                  | P. Boon                                                                      |
| Jnr. Second Engineer .. ..    | B. Melling                                                                   | W. Irvine                                                                    |
| Jnr. Second Engineer .. ..    | R. Purvis                                                                    | J. Spiers                                                                    |
| Snr. Third Engineer .. ..     | S. W. van der Merwe                                                          | A. Nicholls                                                                  |
| Int. Third Engineer .. ..     | B. Lazell                                                                    | R. Lorimer                                                                   |
| Jnr. Third Engineer .. ..     | D. Cox                                                                       | R. Todd                                                                      |
| Snr. Fourth Engineer .. ..    | M. O'Hara                                                                    | J. Larder                                                                    |
| Jnr. Fourth Engineer .. ..    | G. Blakey                                                                    | T. Naylor                                                                    |
| Jnr. Engineer .. ..           | J. Forbes                                                                    | J. Murray                                                                    |
| Jnr. Engineer .. ..           | A. D. Silcock                                                                | R. Sealey                                                                    |
| Jnr. Engineer .. ..           | D. Macaulay                                                                  | D. Walker                                                                    |
| Jnr. Engineer .. ..           | J. Millson                                                                   | A. Grieve                                                                    |
| First Electrician .. ..       | F. Downes                                                                    | G. Forrester                                                                 |
| Second Electrician .. ..      | G. Hay                                                                       | A. Kerr                                                                      |
| E.R. Storekeeper .. ..        | E. Wallace                                                                   | S. Grinyasha                                                                 |
| Purser .. ..                  | W. Eastmond                                                                  | B. James                                                                     |
| Chief Catering Officer .. ..  | S. Tupper                                                                    | G. Waugh                                                                     |
| Assistant Purser .. ..        | T. Steer                                                                     | J. King                                                                      |
| Assistant Purser .. ..        | R. Poletylo                                                                  | D. Macmillan                                                                 |
| Second Catering Officer .. .. | J. Spearey                                                                   | T. Barnes                                                                    |
| Purser's Clerk .. ..          | J. Bokor-Ingram                                                              | W. McCall                                                                    |
| Purser's Clerk .. ..          | Miss S. Deane                                                                | Miss G. Whitchurch                                                           |
| Purser's Clerk .. ..          | M. Harvey                                                                    | Miss P. Evans                                                                |
| Children's Hostess .. ..      | Miss M. Gilmerty                                                             | C. Gilmour                                                                   |
| Chief Barman .. ..            | L. Farrow                                                                    | A. Westbrook                                                                 |
| Storekeeper .. ..             | D. Francis                                                                   | E. Kodish                                                                    |
| Linin Steward .. ..           | B. Ross                                                                      | R. Ledbury                                                                   |
| First Passenger Steward .. .. | A. Greenslade                                                                | W. Johnston                                                                  |
| T/Class Head Waiter .. ..     | C. Mitchell                                                                  | D. Towgood                                                                   |
| Laundryman .. ..              | R. Binding                                                                   | R. Henkel                                                                    |
| Chef .. ..                    | T. Evans                                                                     | W. Stannard                                                                  |
| Baker .. ..                   | H. Simmonds                                                                  | O. Williams                                                                  |
| Butcher .. ..                 | M. Naylor                                                                    | W. Rix                                                                       |
| Shopkeeper .. ..              | J. Plione                                                                    |                                                                              |

## Dishes for you to try —No. 7

J. C. Wood, baker and  
confectioner in the  
Pretoria Castle,  
recommends . . .



### APPLE BAVAROSE

The name of this sweet may give you cause to wonder, but I assure you it is quite simple to make and, by following this recipe, you will not only amaze yourself but will certainly surprise and please your family and friends. Although I am a confectioner and prepare all types of sweets, I always eat and enjoy the Apple Bavaise which my wife prepares for me, and I feel sure that your friends will enjoy it the same as I always do.

Whip 1 pint of cream, or evaporated milk, or half and half, with 2 ozs. caster sugar, until it leaves the whisk marks, and fold in 4 ozs. stiff apple sauce and 1 teaspoonful lemon juice. Dissolve  $\frac{1}{2}$  oz. good quality powdered gelatine in 2 ozs. hot, but not boiling, water, and gently fold into the bavaise, stirring well to form a complete emulsion. Pour the mixture quickly into a fancy mould, chill until firm. Unmould the bavaise into a dish and surround the bottom of the bavaise with some sweetened sieved apple sauce.

|                            | Phyllis Bowater<br>Left South Shields<br>5th March<br>for Liverpool, Nova<br>Scotia | Alice Bowater<br>Left Ellesmere Port<br>11th March<br>for Holmsund | Nina Bowater<br>Left South Shields<br>21st March<br>for Risor | Constance Bowater<br>Left Northfleet<br>25th March<br>for Cornerbrook | Elizabeth Bowater<br>Left Ellesmere Port<br>25th March<br>for Cornerbrook | Sarah Bowater<br>Left North Shields<br>26th March<br>for Holmsund |
|----------------------------|-------------------------------------------------------------------------------------|--------------------------------------------------------------------|---------------------------------------------------------------|-----------------------------------------------------------------------|---------------------------------------------------------------------------|-------------------------------------------------------------------|
| Master .. ..               | A. D. Harkness                                                                      | D. J. Newman                                                       | R. M. Bessant                                                 | R. R. Campbell                                                        | A. W. B. Chalmers                                                         | J. C. MacLarty                                                    |
| Chief Officer .. ..        | J. H. Brown                                                                         | M. A. Greig                                                        | J. C. Farmer                                                  | R. D. Reid                                                            | P. Donocli                                                                | C. A. Hann                                                        |
| Second Officer .. ..       | A. S. Bugdon                                                                        | T. S. Applin                                                       | W. A. Codrington                                              | W. Dancer                                                             | R. G. Smith                                                               | G. P. Graham                                                      |
| Third Officer .. ..        | A. S. Hanson                                                                        | D. R. Johnson                                                      | J. Hewitson                                                   | P. Lightbody                                                          | G. P. Beevers                                                             | H. T. Glass                                                       |
| Apprentice Cadets .. ..    | R. V. Hanks                                                                         | C. I. Morse                                                        | P. R. Smith                                                   | N. B. Hesketh                                                         | S. H. Gledhill                                                            | J. C. Forbes                                                      |
| Radio Officer .. ..        | B. Hannant                                                                          | P. J. Reville                                                      |                                                               | R. D. Adams                                                           | S. J. P. Turner                                                           |                                                                   |
| Chief Engineer .. ..       | J. Danher                                                                           | J. P. Campbell                                                     | J. Tomlinson                                                  | D. J. Cockshott                                                       | P. J. Whelan                                                              | J. R. Hubbard                                                     |
| Second Engineer .. ..      | T. E. Mayers                                                                        | W. Findlay                                                         | K. A. B. Liddle                                               | R. J. McDonald                                                        | W. J. Gear                                                                | P. J. Norris                                                      |
| Third Engineer .. ..       | A. Garside                                                                          | S. Robson                                                          |                                                               | J. Lester                                                             | K. Fraser                                                                 | J. Steele                                                         |
| Fourth Engineer .. ..      | G. Murray                                                                           | J. W. Driscoll                                                     | G. B. Sanderson                                               | L. P. Bray                                                            | J. G. Walker                                                              | A. E. Nunn                                                        |
| Junior Engineer .. ..      | J. Marshall                                                                         | R. W. Ley                                                          |                                                               | A. Kombeer                                                            | J. N. Bannerjee                                                           | R. E. Western                                                     |
| Junior Engineer .. ..      | R. E. Witty                                                                         | T. Guluk                                                           | A. Ravenhill                                                  | D. W. Yool                                                            | T. E. Whitcar                                                             | C. Meares                                                         |
| First Electrician .. ..    |                                                                                     |                                                                    |                                                               |                                                                       |                                                                           |                                                                   |
| Purser-Chief Steward .. .. | M. Kerr-Gibbings                                                                    | V. Griffiths                                                       | J. Moffatt                                                    | C. Scott                                                              | H. T. Hall                                                                | J. Watt                                                           |
|                            | R. Hinton                                                                           | P. MacCormick                                                      | D. G. Bell                                                    | I. Hurst                                                              | E. Gelling                                                                | R. Brown                                                          |