

ROYAL ACTIVITIES.

The shore training establishment of the Navy in the South of England known as H.M.S. KING ALFRED is visited by the King who comes to inspect Naval Cadets - young men of the bulldog breed proudly bearing the hallmark of typical British Sailors.

Our Sailor King is as much at home with his Senior Service, as the Queen is conversant with the problems of the housewives on the home front. Accompanied by Lord Woolton, Her Majesty sees a demonstration of "Planning the meat ration" at the Ministry of Food.

A variety of dishes planned for each day of the week is displayed - proving once again that necessity is the mother of invention.