

I live alone in the flat. M. finds journey to Hardingham with Kate (double journey twice a day) too much for her.

My day begins about 0630 when I wake naturally, I turn on BBC 4. The farming news most soothing.

After the 0700 news, tea. Breakfast Papers with I bring up from downstairs. ~~Bar~~ Read in bed. Breakfast,

Scotts prange oats (1 tea cup to two quater) milk, salt.

Down to office. Mary Wilson with letters. Work

begins soon after 0900. Lunch, flat, self cooked usually

from fridge. Change into h.c. uniform about 1410.

Briefed (David Stephens) 1420. Work starts in

proceeding for prayers 1430 - Take questions & journal

business. Usually leave soon after if not concerned in

business (sack taken over by Listowel and Deputies).

Work in office. &