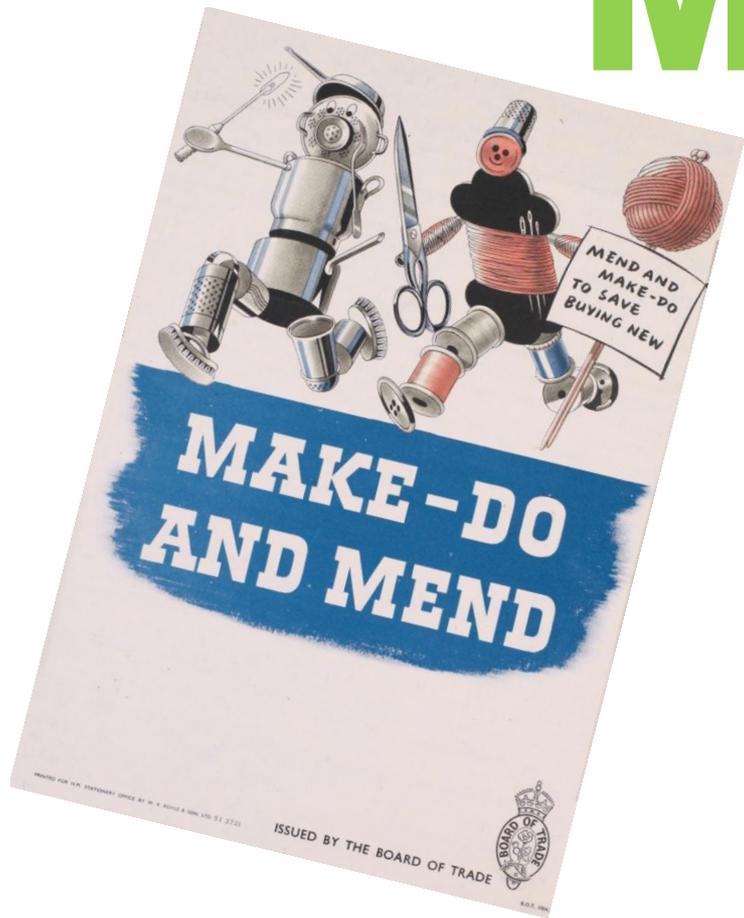


MAKE-DO AND MEND





I recently took a visit to Olive, an elderly person at Portland House and asked her about how she was able to cope with rationing during the war. Olive told me that she was in the A.T.S. (Auxiliary Territorial Service). While we were talking she said, “I remember bananas showing up at the greengrocers”. How she got powdered eggs, ration books, how they made do with what they had. How a green book for pregnant women was issued and went to the front of the queue.

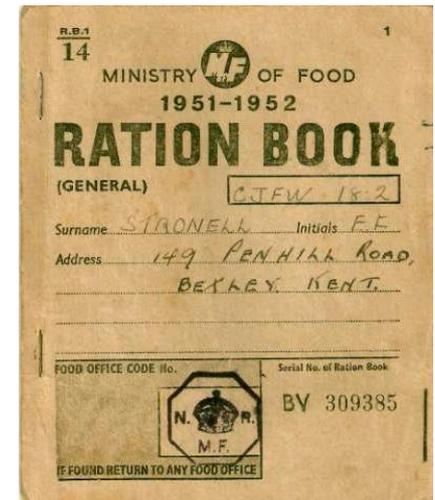
I have also spoken to May, another elderly person and Sue at the living at home scheme, who provided me with some other things that she had remembered. So with all this information I have attempted to put this into a book of, old fashioned tips, sayings, and found out about ration books, also included are budget recipes.

It made me realise just how I had been brought up and values I was taught. For example, 1) giving up your seat to a woman, pregnant or otherwise, 2) open all doors for women, 3) ladies first, 4) you never get something for nothing, 5) remember “please” and “thank you” go a long way, 6) never swear in female company, 7) children should be seen and not heard.

These are the morals I, and my brothers and sister have passed onto our children. While our children have listened, these simple things are not perhaps adhered to by some others. I’m afraid this could be a sign of the times. I would like to thank Olive, May, and Sue for their help with this project.

Ration Book Contents

- 1 x Packet dried eggs. This was the equivalent to a dozen fresh eggs.
This was every 4 weeks.
- 1 fresh egg a week if available, sometimes every 2 weeks.
- Meat voucher to the value of 1 shilling and 2d (6p today).
- Bacon and ham 4 ounces (100gm)
- Butter 2oz (50g)
- Cheese 2oz (50g) This rose to 4oz and later 8oz (225g)
- Margarine 4oz (100g)
- Cooking Fat 4oz, often dropped to 2oz
- Milk 3 pints, often dropped to 2 pints
- Dried milk was available, 1 packet every 4 weeks
- Sugar 8oz Preserves 1 pound every 2 months
- Tea 2oz Sweets 12oz (350g) every 4 weeks



There was also a points system each month. For example 16 points allowed you to buy one can of fish or meat (whale meat canned was available) or 2lb (900g) of dried fruit or 8lb (3.6kg) of split peas.

Shops:- there used to be

Greengrocers, Fishmongers, Bakers. These are no longer about as the big supermarkets have squeezed them out.
Butchers – there are still some about.



Dig For Victory

Grow your own vegetables



Parachutes

These were used to make wedding dresses, blouses and underwear.



BICARBONATE OF SODA

- Clear blocked drains with 200 grammes, followed by 200ml hot vinegar (heat in microwave for 1 minute) leave for a while then pour 1 litre of boiling water.
 - Clean microwaves with 2 tablespoons in 200ml water in a microwave-safe container, cook on high for 2-3 minutes then wipe down interior with a damp paper towel.
 - Clean shower heads, use a heavy duty sandwich bag, and add 50 grammes of soda and 200ml vinegar. Fasten bag with tape or a twist tie (not too tight to allow resultant gas to escape). Leave for an hour, removed the bag, turn on the shower.
 - Clean stained teapot or cups, dip a moist cloth in soda to form a stiff paste, gently rub cups and saucers or teapot, rinse clean and dry well or you could use steredent tables.
-
- Use as a gargle, or mouthwash. Overdose of onions or garlic. 1 teaspoon in half a glass of water, this will neutralise the odours. When used as a mouthwash it will relieve pain from mouth ulcers.
 - De-Icer. Sprinkle steps and paths during winter months, add a bit of sand for better traction.
 - Deodorise a cat litter tray, Put a thin layer of soda water under the litter or mix with litter as you change it.



More money saving ideas

- Dish scraper:- sew a button on a washing-up cloth to remove food on plates, pots and pans.
- Scouring cleaner:- sprinkle salt on the surface to be cleaned and rub it with a cloth dipped in lemon juice or distilled vinegar.
- A Fresh Fridge:- wipe the inside with a cloth moistened with vinegar, it also stops mildew.
- Smooth running drawers:- rub candle wax on top and bottom runners.
- Red Wine Stains:- pour white wine on the stain for one minute, rinse in cold water, alternatively sprinkle salt and leave for a while and then Hoover over it.
- A drop of beer will remove tea and coffee stains from carpets.
- Flies indoors. Hang bunches of lavender in your rooms. A pot of mint in the kitchen.
 - Moths in cupboards. Cedar wood shavings in a muslin bag.
 - Glassware washed in cold water gives an extra shine.
 - Window cleaning:- a) damp cloth with vinegar. b) used vinegar and newspapers
 - Prevent ice on windscreens. Wipe with neat washing-up liquid overnight.
 - Furniture Polish:- squeaky door spray on hinges open and close three times. If you run out of shoe polish, furniture polish is a good substitute.





Garden Tips

- Fix a water butt to drainpipe, rainwater for watering plants. Washing-up water can also be put in through the top.
- Tea bags are good for the garden.
- Banana skins around roses will perk them up.
- Cut the bottom off plastic drinks bottle and use to protect plants in winter.



QUICK TIPS

Tips

Do you wonder what to do with empty or near empty jars of mustard, horseradish, mint sauce or cranberry sauce.

All you need to do is put a tablespoon of gravy granules into the jar, fill jar with boiled hot water (from a kettle will do) allow to cool replace lid and shake. Rinse the jar with more hot water and add to a saucepan. This produces flavoured gravy.

When boiling potatoes for mash cook with a parsnip or suede, when mashed it adds flavour and is one of your five a day.

Soften up tough meat by marinating in beer / stout before cooking.

LOW BUDGET

Being unemployed, I try to eat well, but at a very low budget. So here are some recipes I use. These are all obtained at Sainsbury's.

Liver and bacon.

- One pack of pigs liver.
- One pack of cooking bacon (look closely and you may get more for your money) I recently got ten middle cut rashers.

These items will give you a minimum of three meals. Two times liver and bacon. Add suet pudding to bacon or bacon (chopped) one jar sweet & sour sauce, pasta.

Cooking bacon	£1.10
Liver	80p to £1.00
Pasta (quick cook)	£1.40
Sweet and sour	30p
Four cheese sauce	75p

Another meal I often cook is fish pie. Sometimes offers are 3 for a pound. So look out for them.

Fish, I use Pollock (as good as cod). This can be bought for around £2 (look for other cheap fish).

The only other items for all these recipes are potatoes, leeks, onions, (alternatively other things you can add are peppers, sweet corn, peas).