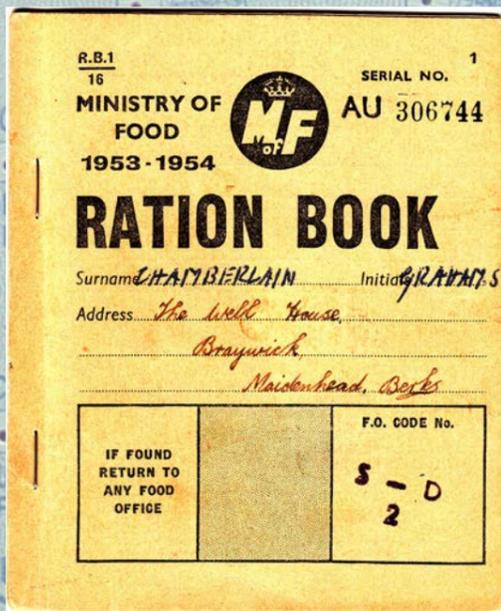




**KEEP
CALM
AND
CARRY
ON**

Rationing in World War Two

Rationing of food, clothes and other commodities took place across the country during World War Two. By rationing what people consumed and used, it allowed the limited resources to be evenly distributed amongst everyone.



The basic adult ration per week was:

Bacon and ham	4 oz (100g)
Meat	to the value of 1s.2d. (6p)
Butter	2 oz (50g)
Cheese	2oz (50g), sometimes more
Margarine	4 oz (100g)
Cooking fat	4 oz (100g), often less
Milk	3 pints (1800ml), sometimes less
	Dried milk was available
Sugar	8 oz (225g)
Tea	2 oz (50g)
Eggs	1 egg, if available
Sweets	3 oz (120g)
Preserves	2 oz (50g)

ACTIVITY

Measure out the above weekly ration. How does it compare to what you eat weekly?

RATIONED RECIPES 119	
LUNCH:	DINNER:
THURSDAY Rabbit soufflé Cucumber and tomato salad. Cream cheese. Fruits.	THURSDAY Veal birds. Fresh peas, new potatoes Pain Perdu or Baba. (Made with breadcrumbs instead of flour.)
FRIDAY Mussels with rice. Pimento and cream cheese salad. Sliced oranges and cooked prunes	FRIDAY Grilled cod. Soufflé semolina with stewed cherries. (Make as any soufflé adding semolina in place of cheese or vegetable.)
SATURDAY Hors d'œuvres (Celery, radishes, herrings, etc.) Fish-bread pie, if there is any left over from night before, or cheese dumplings. Fruits.	SATURDAY Lentil soup. Stuffed onions. Coffee cream custard.

A list of suggested meals that could be made with rationed ingredients. Do you like the sound of any of these?

Lord Woolton Pie was a widely eaten dish during the Second World War. It was a good way of using up food whilst also being filling and warm. It however got the unfortunate nickname of 'Wind and Water' pie. Can you guess why?!

Recipe for Lord Woolton Pie from BBC Food

Ingredients:

For the pastry

225g/8oz wholemeal flour
2 tsp baking powder
pinch salt
85g/3oz margarine or lard
110g/4oz cold mashed potato
milk, for glazing

For the filling

400g/14oz cauliflower, roughly chopped
400g/14oz parsnips, peeled and roughly chopped
400g/14oz carrots, peeled and roughly chopped
400g/14oz potatoes, peeled and roughly chopped into bitesize pieces
3 spring onions, roughly chopped
1-2 tsp yeast extract
1 tbsp oatmeal
1 tbsp finely chopped fresh parsley (or 1 tsp dried)
salt and freshly ground black pepper

Method

To make the pastry, mix the flour, baking powder and salt in a large bowl. Add the margarine or lard and rub in using your fingertips. Add the mashed potato and bring together to form a dough, add a splash of water, if needed. Wrap in cling film and place in the fridge for at least an hour.

Pre-heat the oven to 200C/180C Fan/Gas 6.

Place the vegetables, yeast extract, rolled oats, salt and pepper in a large saucepan and just cover with water. Bring to the boil and simmer for 15 minutes or until most of the water has evaporated and the sauce has thickened. Allow to cool.

Place the cooled vegetables into a pie dish and top with the parsley.

Roll out the pastry until it will cover the top of the pie dish. Place on top and brush with a little milk.

Bake for 30 minutes or until golden-brown.

To serve, cut a slice of pie and place onto a serving plate and serve with your favourite greens and gravy.



Two Maidenhead Heritage Centre Volunteers' share their memories of rationing:

Extracts from the book Maidenhead Voices by Ann Danks and Chrissy Rosenthal

Jenny Spear

"During the War we were lucky as a family as I had an Aunt who was a cook in the W.A.A.F's at Uxbridge and a an Uncle in the Merchant Navy on escort Duty from America and they used to bring all sorts of goodies home for us. I had bananas, chewing gum, chocolate fruit, jelly dolls. My Dad was eventually sent to Ireland and sent us food parcels, we had our own hens ,we put the eggs in Ising glass solution to keep them. After the war my father had an allotment and he always got baby chicks at Easter to keep either to lay eggs or fatten up for Christmas Dinner. We lived near my Grandmother and my Mums siblings and were as a large family doing things like taking a holiday together. As my mother was at work I spent a lot of time with my Grandmother."



Jenny Evans

"My mother wasted nothing; food was never thrown away. If milk went sour my father made "cream cheese" by straining the curds and whey through muslin and flavouring it with salt. My mother was a dab hand at making left-overs into another meal. We sometimes had quite odd meals, toad in the hole made with whatever came to hand. Batter could be made with dried egg powder and was very filling. One of our great delights as a family was opening a parcel sent by our Canadian relatives, there was tinned ham, tinned peaches, butter and cream, also in tins."



Jenny Spear

"After the war my Aunt worked in a local grocers in town, Darvilles and as my family had chickens we didn't find rationing too hard."

"During the war and shortly after when I was still very young, people at the end of the garden bred rabbits and I was always given a baby one to look after until it was grown when I handed it back in exchange for another small one!!"

Dorothy Fuller, born 1927

"The only time we ever had anything extra was Christmas. They allowed extra sugar when the fruit picking was about so you could preserve or make jam. There was a point system for tinned goods. We were lucky in our family because my grandmother had been a cook and she could make a meal out of tuppence. We had chickens and we got an egg a day from them. Dried egg was ideal for scrambled egg. You could buy whale meat from the butcher, which wasn't rationed."

Rod Headington, born 1936

"We had all the Americans in town before D-Day. They'd give us chewing gum and sweets. They had all the food. They were in Ray Lodge and I remember Dad doing some building work there. We used to go down at lunchtimes and the food came out. They gave us lots. Tinned fruit we couldn't get hold of during the way. He'd bring home cooked chickens – they were supplied by the American forces so rationing didn't seem to apply to them."

"I remember the VE day celebrations that were held in a field down by Blackmore Lane – we had a big tea and lots of fun and games until late at night."

Peter Emmons, born 1925

"We ran our shop Emmons Brothers in Queen Street. We would have a queue for onions that went around the streets. Oranges and bananas were in short supply. Potatoes were plentiful – there was a national competition for the best window depicting potatoes. We fashioned up 'Potato Pete', a doll, and made up small sacks of potatoes to dress the window. We won the competition!"

Bumble Russell, born 1933

"I remember we had tins of egg powder that Mum used to make into a sort of a pancake. We could only have one fresh egg a month. We had a good butcher. Mum could always get twopenn'orth of bones which she used to stew up to make soup. We could get vegetables as people let her have carrots, onions, etc. We used to get the bone juice and make it set into a lovely jelly – it was very good, I can tell you, better than a lot of things you get now. A big pot of soup would last about three days."

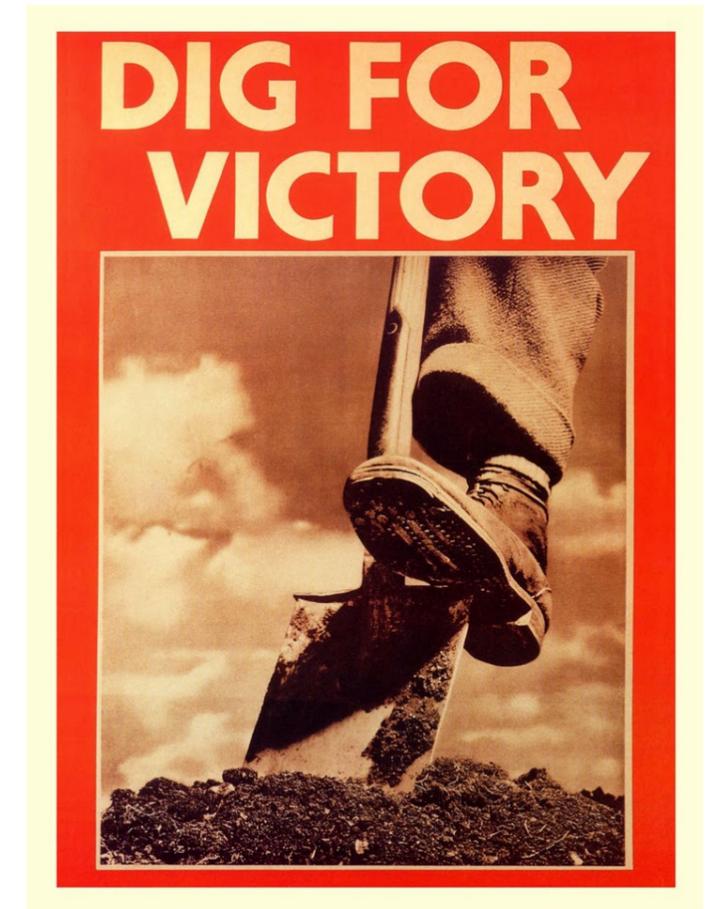
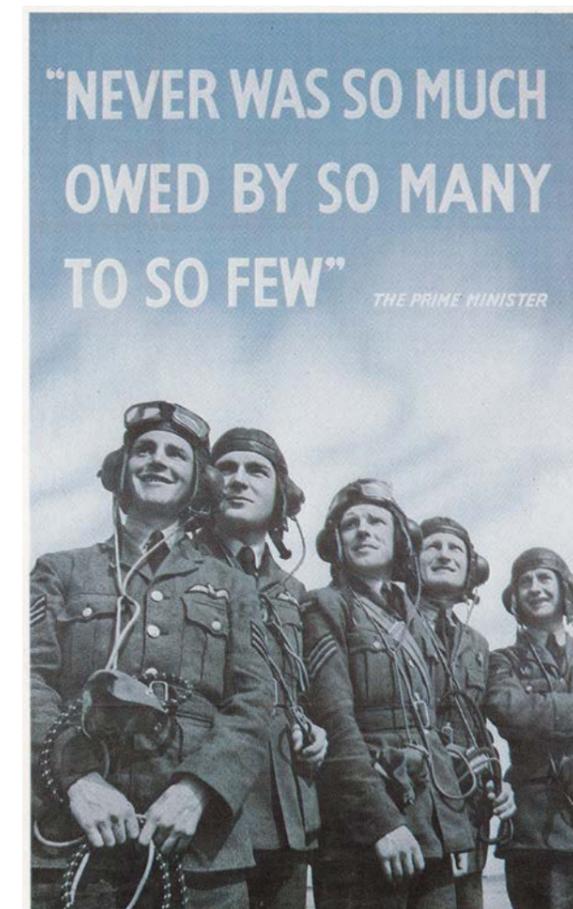
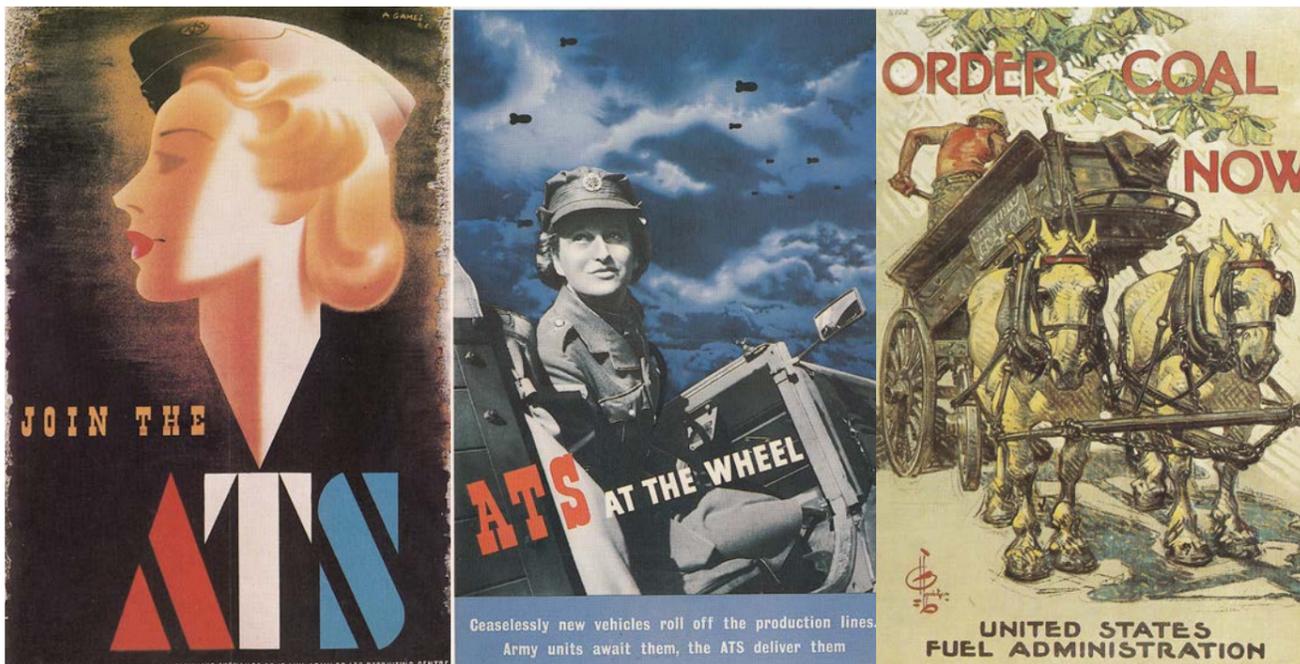
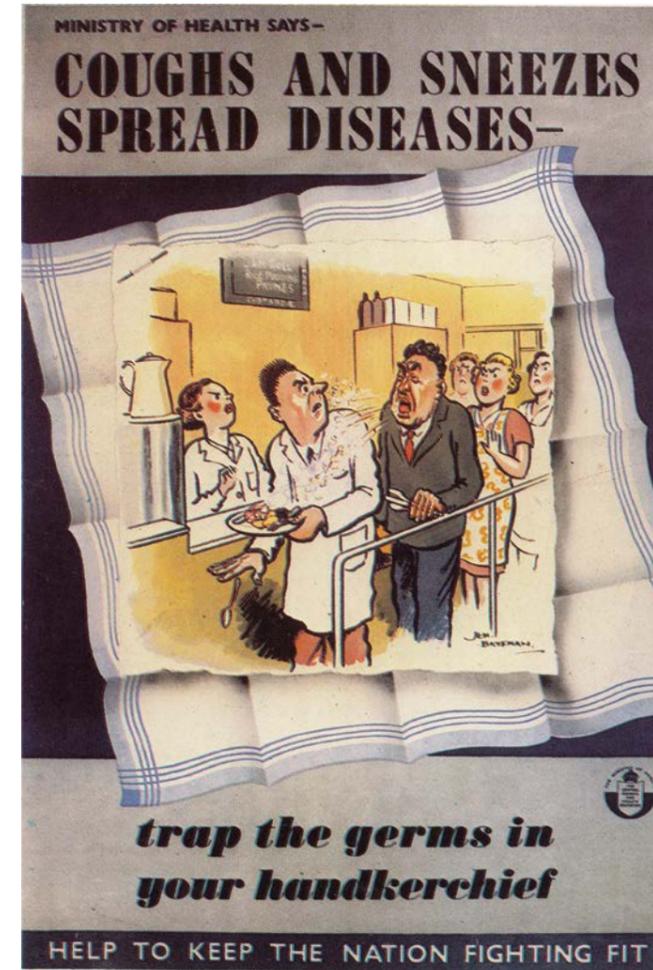
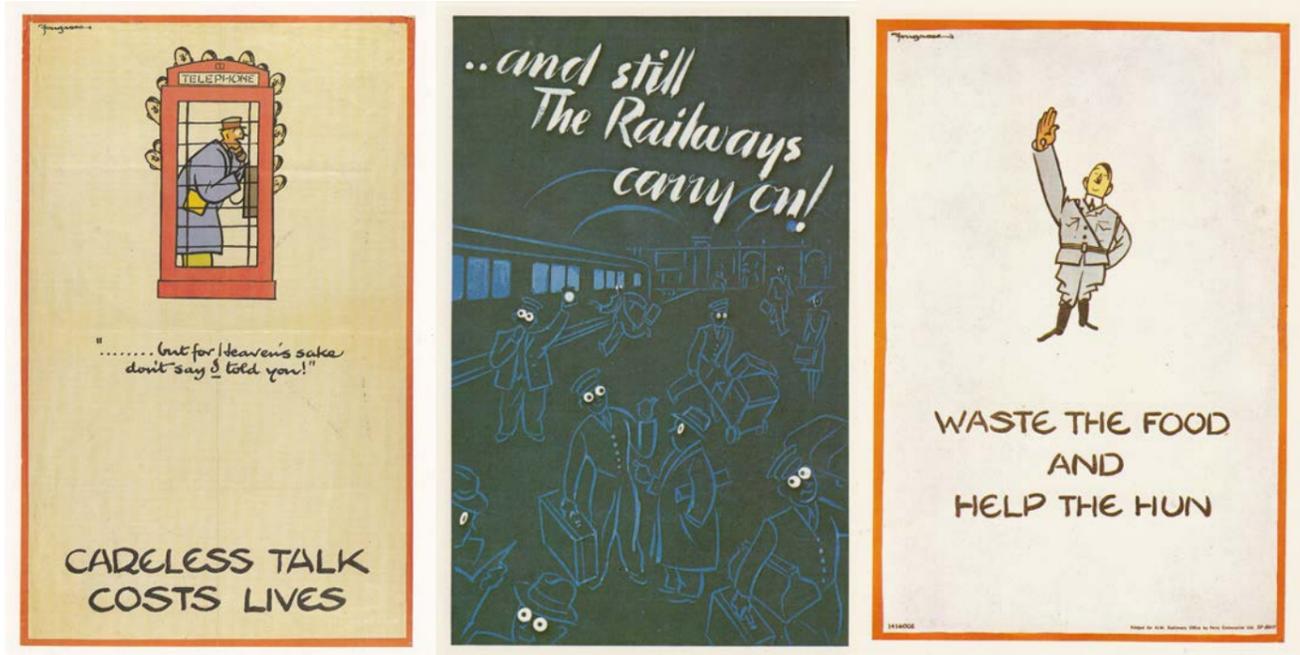


World War Two Posters

During the Second World War (1939-1945) posters were used to get across basic messages to the public.

How many of these posters do you think are relevant to the Covid-19 coronavirus lockdown?

ACTIVITY - Come up with your own Covid-19 poster based on some of these two pages. Send your entries to us.



Victory in Europe Day (VE Day)

What is VE day?

VE Day or 'Victory in Europe Day' marks the day towards the end of World War Two (WW2) when fighting against Nazi Germany in Europe came to an end. On 8 May 1945, Prime Minister Winston Churchill made an announcement on the radio at 3pm that the war in Europe had come to an end, following Germany's surrender the day before.



Source: Rex Features.
Princess Elizabeth, Queen Elizabeth, King George VI and Princess Margaret on the balcony of Buckingham Palace on VE Day, 8 May 1945

Huge crowds, with lots of people dressed in red, white and blue gathered outside Buckingham Palace in London. They cheered as King George VI and his family, including Princess Elizabeth (the current queen) and Princess Margaret, came out onto the balcony to greet everybody. Princess Elizabeth and her sister were allowed to leave the palace and celebrate with crowds outside, although they had to do it secretly. The future Queen described it as "one of the most memorable nights of my life". Many people also attended church services to thank God for the victory.



Source: Getty Images.
Street celebrations in London on VE Day.

Maidenhead Street Parties

There was a parade in Maidenhead. All the schools took part and we paraded to the football ground in York Road. I carried the Welsh flag!

Wynne Tegg

After the party there were races, then dancing. The next day, three of us went to London and saw the Royal Family and Churchill on the balcony at Buckingham Palace. We were so tired when we got home to Alwyn Road that we all stood in the bath together to ease our aching feet.

Vera Vaughan

My nephew Guy was 6 and desperate to see if the eyes of the bear in front of The Bear Hotel would be lit up. There was a family meal at home during the day and in the evening, we all walked down Castle Hill, past the houses with their curtains drawn and lights blazing out, to see the bear.

Joan Wilkinson

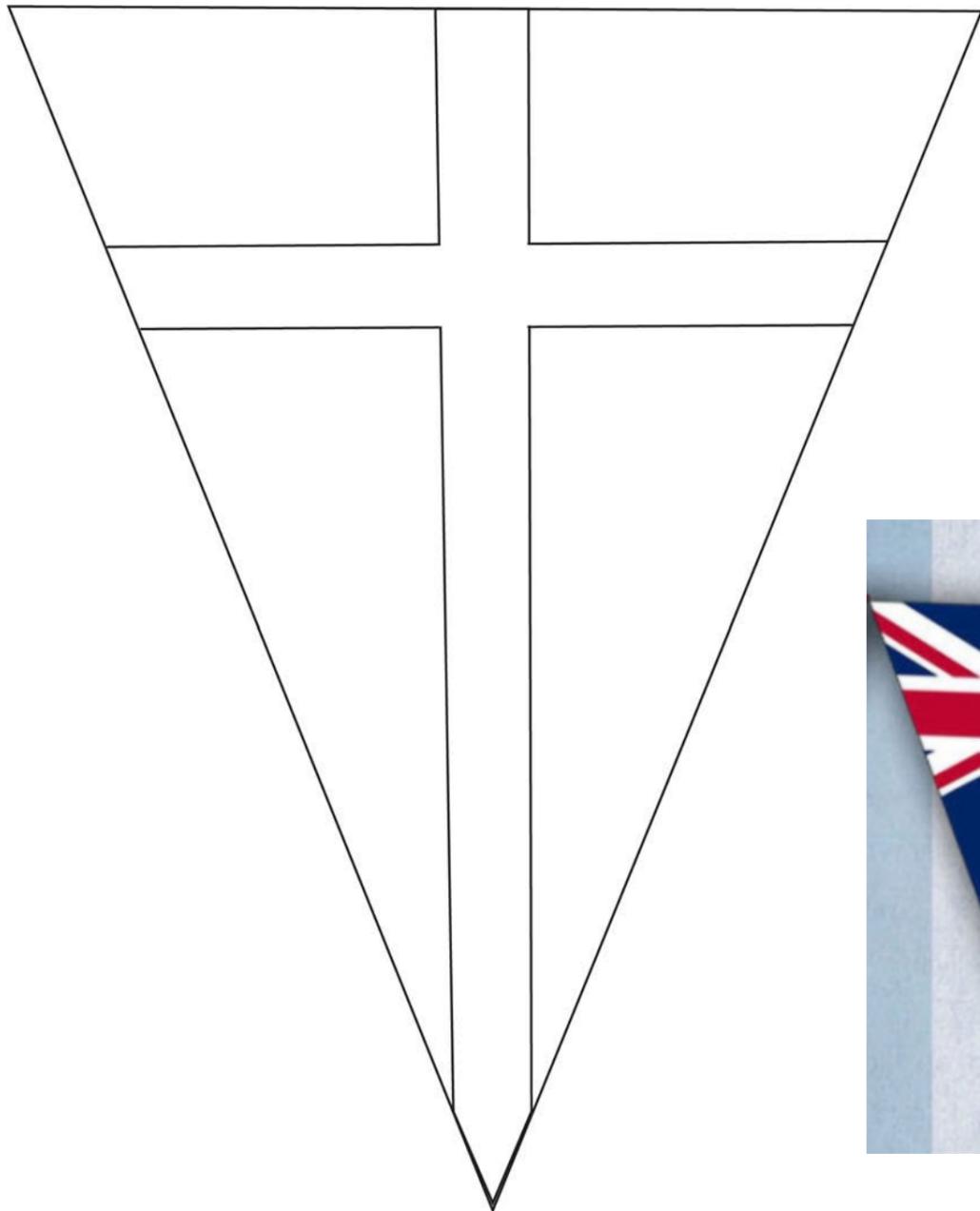
They took our piano out into the road to provide the music. Everyone contributed food and Mr Keeler at the off licence supplied the beer and the lemonade.

Clive Dibley

Parties were held in many streets throughout Maidenhead, with cakes, jellies and all kinds of treats for the children.

ACTIVITY

Recreate a VE Day party for your family during lockdown. Decorate your house with homemade bunting and see if you can make cakes and jellies like they would have celebrated with 75 years ago. Why not hang the bunting in the window for your neighbours to admire? Complete and colour in the template below to look like a Union Jack.



1945 VE Party in Royal Square, Maidenhead. Party food consisted of jelly, cakes and paste sandwiches, all paid for with saved-up rations for the occasion. The lady circled in blue was the midwife and when people died she was in charge of laying out their body.





ACTIVITY

Can you spot the following in the above photo:

1. Bunting
 2. Someone wrapped in a union jack flag
 3. A plate of sandwiches
 4. A baby
 5. How many ties can you spot?
 6. A woman in check
 7. How many chairs can you spot?
 8. How many girls in bunches can you spot?
 9. Bonnets
 10. How many people are sitting at the table at the street party?
- See previous page for full picture.



Victory Party for children living in Breadcroft Lane and Breadcroft Road. Do you notice anything strange about this street party? Clue: look at the sign.



Alwyn Road Victory Street Party

ACTIVITY - ask your family for memories and photos of VE Day and send a scan of them to the Heritage Centre to form part of our collection.



ANSWERS TO ACTIVITY ON PAGE 11

Can you spot the following in the above photo:

1. Bunting
2. Someone wrapped in a union jack flag
3. A plate of sandwiches
4. A baby
5. How many ties can you spot? 4
6. A woman in check
7. How many chairs can you spot? 9
8. How many girls in bunches can you spot? 2
9. Bonnets
10. How many people are sitting at the table at the street party?
See previous page for full picture. 34

We hope you have enjoyed reading our booklet and taking part in the activities.

If you have any questions, feedback or wish to share photos of your creations, email us at info@maidenheadheritage.org.uk



You are welcome to download the pages and use them as teaching resources.

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