LEICESTERSHIRE COUNTY COUNCIL
EDUCATION COMMITTEE

FOOD AND HEALTH TALKS
Summer, 1946.

Recipes used in Foods suitable for OLD AGE.

Creamy SOUP

1 quart Vegetable stock or water.
1 lb. Potatoes.
¼ lb. peeled shredded Root Vegetables.
1 small sliced Onion.
Salt and Pepper.
1 oz. Flour.
2 tablespoons Dried Milk.
2 tablespoons chopped Cabbage or Parsley.
1 oz. Dripping or Margarine.

Brown SOUP

Cooked or raw Bones.
2 pts. Vegetable Stock or Water.
1 sliced Onion.
½ lb. shredded Carrot (or Swede)
Salt and Pepper.
1 teaspoon Marmite.
1 oz. Flour.

EGG and Potato Scramble or Welsh Potato RAREBIT

2 tablespoon mashed Potato.
1 (reconstituted dried) Egg or 1 oz. grated cheese.
Salt and Pepper.
⅛ teaspoonful mustard.

Heat well in a small saucepan.
Spread on buttered toast.
Brown under the grill.

(HEALTH) Sandwich.

Slices of buttered Brown Bread.
Shredded Carrot.
Shredded Cheese.
Marmite.

Spread lightly with Marmite and thickly with shredded carrot and cheese.

/turn over.

SUET Pudding with Syrup.

6 ozs. Self Raising Flour.
1 teaspoon Baking Powder.
2 ozs. Suet.
Pinch of Salt.
Water.

Steam in a jar or tin in the shape of a roll.
Reheat by cutting into ½ inch slices and frying lightly.
Serve with golden syrup.

Light CAKE.

8 ozs. Flour.
3 teaspoon Egg Powder.
1½. ozs. Margarine.
5 ozs. Sugar.
1 Egg.
Few drops Almond Essence.
Milk.

Bake in a tin making cake 2" thick.

CHEESE Biscuits.

4 ozs. Flour.
1 oz. Fat.
Salt and Pepper.
2 ozs. grated Cheese.
½ Egg.
Milk.

Shortbread.

1 oz. Flour.
1 oz. Fat.
1 oz. Sugar.

Steamed Porridge.

2 heaped up tablespoons Rolled OATS.
½ teaspoon Salt.
1 pint Water.

Steam in a greased basin over hot water.
Serve with hot milk, brown sugar or syrup.

OATMEAL Biscuits.

3 ozs. Flour.
2 ozs. Rolled Oats.
2 ozs. Fat.
1 teaspoon Baking Powder.
1 oz. Sugar.
Salt.
Water to mix.

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FOOD AND HEALTH TALKS.
Summer, 1946.

Recipes used in meals for ADOLESCENTS.

FISH GRILL.

Cod or other fresh or tinned fish.
Tomatoes, in season.
Dripping or other fat.

Savoury Crisps.

2 ozs. Bread.
¼ oz. Suet.
½ Egg.
1 teaspoon Chopped Parsley.
Lemon rind.
Salt and Pepper.

HEALTH SALAD.

A selection from:

Lettuce or Cabbage.
Carrots or Swedes.
Beetroot or Radishes.
Chives, Leeks, or Onions.
Tomatoes or Parsley.
Cooked Peas or Cheese.

Salad Dressing.

½ pt. Water.
½ oz. Flour.
½ oz. Margarine.
1 teaspoon Sugar.
1 tablespoon Dried Milk.
½ Egg.
1 tablespoon Vinegar.
Salt.
¼ teaspoon Mustard.

/turn over.

SEMOLINA SWEET.

1 pt. Water.
2 ozs. Semolina.
1 oz. Sugar.
2 tablespoons Dried Milk.

Make as a mould and cool in a basin.
When cold serve in small dishes.
Add soft jam or stewed fruit to each.
Before serving sprinkle with crisp Wheat Flakes.

CHEESE SCONES.

½ lb. Self Raising Flour.
1 teaspoon Egg Powder.
1 oz. Fat.
¼ teaspoon Salt.
2 ozs. Cheese.
1 tablespoon Dried Milk.
Water to mix.

MINISTRY OF FOOD
North Midland Divisional Office
Burton House,
Newcastle Circus,
Nottingham.

October 1946.

Dear Food Leader,

I am enclosing a leaflet on "Cakes, Scones and Biscuits", which I am sure you and all those you meet really deserve after your arduous months of preserving fruits; pickling and making chutneys,

However, do not relax your efforts entirely in respect of this absorbing work for their is still marrow and apple jams, and apple and tomato chutney to be made.

For those of you in the vicinity of Derby and Chesterfield, there will be useful prizes of Bottled Fruits and Pickles. Entries, which are returnable, are to be handed in not later than December 5th at Derby, and December 9th at Chesterfield. Any further details can be obtained at the Food Advice Centres in those towns.

As next month I shall be giving you advice on Christmas recipes, I suggest you start collecting such commodities as fruit, syrup and sugar. Please remember too, that certain people by reason of infirmity or age are unable to see the shops as often as others, and if possible, spread this suggestion that help can be given to these people in a kindly way. The W.V.S. are co-operating with the Red Cross and such local social bodies in this type of work and I am sure that you Food Leaders, who have been so willing in other ways, will not be left behind in this excellent work.

Yours sincerely,

M.R. WOODEY,
Food Advice Organiser.

MINISTRY OF FOOD

Burton House,
Newcastle Circus,
The Park,
Nottingham.

7th February, 1947.

Dear Food Leaders,

I hope by the time this letter reaches you that this drastically cold spell will be over.

Then perhaps we shall be able to carry out a really live programme of events to help you in your work of keeping the interest of the public stimulated.

I am enclosing a recipe sheet for Oats and Barley to help as many as possible to conserve flour. This leaflet is one of the new ones and appears to be very interesting giving a supply of very varied dishes for all meals.

It is now possible to obtain the Food and Nutrition bulletin which is an illustrated leaflet of some 16 pages, issued every four weeks and costing approximately 4/-d. for a year's subscription, including postage. The subjects will include up-to-date world food news; reports of the meetings of the Food and Agriculture Organisation and other organisations; current food news and such articles as "How our Foods are Manufactured", "Food Habits at Home and Abroad"; recipes for food in good supply; nutrition abstracts from other journals. One copy of any new leaflet will be enclosed in each bulletin.

I am sure many of you will welcome the opportunity of being able to obtain this more technical information.

Yours sincerely,

M. R. Woodey.

Food Advice Organiser.

No. 39

FOOD LEADER NEWS

(For Ration Period No. 8—2nd February to 1st March, 1947)

CONTROL OF FOOD PRICES. There are now few foods of any importance whose prices are not controlled in order to keep the cost of living reasonable. In certain cases—bread, flour, eggs, milk, meat, etc.—the Government pays subsidies in order to keep prices down. Without subsidies during 1946 flour, for instance, would have cost 1/8¾ per 6lb. instead of 1/3 ; meat 1/4 per lb. instead of 1/0¾ ; potatoes 10d. per 7 lb. instead of 7d. ; sugar 6¼d. per lb. instead of 4d. ; and milk 10¼d. per quart instead of 9d.

In issuing its Price Control Orders the Ministry prescribes traders' margins and maximum prices, usually for each stage of distribution of the food concerned. Generally, price control can only be complete when there is effective control at some point of the allocation of the goods themselves. While the essential foods are subject to strict control, the Ministry has not imposed price control upon some non-essential foods not suitable for bulk buying, e.g., peaches and nectarines. The market has been left to find its own level and in the main prices have been reasonable.

When the price of food is controlled, an announcement is made in the Press and over the wireless and many prices are by law displayed in the shops. But in case of doubt you should consult your Local Food Office—as you would about any food difficulty.

1. **FOOD NEWS.**

Whale Meat will be on sale from time to time at 1/10 per lb. The quantity available will not be large since refrigerated ships cannot at present be diverted to the Antarctic and the whaling fleet must carry a full cargo of oil. Hints on the cooking of whale meat appear in this month's "News from the Experimental Kitchens".

Lemons. The Ministry has purchased 400,000 cases of lemons from Italy in addition to quantities of lemon juice oil and peel in brine.

Butter for Canada. In answer to a pressing request from the Canadian Government H.M. Government have agreed to the diversion of 6,000 tons of butter from Australia and New Zealand to meet a serious temporary deficiency in Canada. This deficiency has arisen partly from the diversion of Canadian milk to the manufacture of cheese for the United Kingdom.

School Milk. Since School Milk was issued free (6th August, 1946) over 90% of school children have benefited under the scheme. During September and October, 1946, 3,500,000 gallons and 4,500,000 gallons respectively were supplied to consumers in England and Wales as compared with 3,355,000 gallons and 4,310,000 gallons in the same months of 1945 when the milk was paid for.

2. **LEAFLETS. F.A.O. Literature :** Anyone interested in the work of the Food and Agriculture Organisation of the United Nations can obtain a free copy of "Speakers' Notes

for Public Meetings and Popular Audiences" from Messrs. Hubert Williams & Partners Ltd., 32 Great Ormond Street, London, W.C.1.

The **Food and Nutrition** Bulletin is now available in its new printed form from H.M. Stationery Offices, Edinburgh, Manchester, Cardiff, Belfast or from York House, Kingsway, London, W.C.1, the annual subscription being 4/- including postage. A reprint of the Ministry's leaflet No. 12 "A salad a day all the year round" and the Cookery Calendar for January/February have just been issued. These and other leaflets can be obtained from the Distribution Section, Ministry of Food, Portman Square, London, W.1, free of cost.

3. **WELFARE FOODS SERVICE.** Latest uptake figures are :—

Orange Juice 37% Cod Liver Oil 36% Vitamin A & D Tablets 50.3%

Vitamin A is a vitamin which helps to build resistance to infections of the nose, throat and ears. It is therefore particularly valuable at this season when colds and chills abound. Children should have cod liver oil regularly to gain extra protection against the bad weather.

Vitamin D in food is even more essential to children when there is no sunshine to supply them with this vitamin. The cod liver oil and vitamin tablet figures are rising steadily, and Food Leaders are once more urged to do all they can to maintain and increase the uptake.

4. **NUTRITION NOTE. Facts about Milk :** Milk contains an unusually large number of nutrients in well balanced proportions. 1 pint supplies about 85% calcium, 26% protein, 16% Vitamin A and 1.5% Vitamin D of an adult's daily requirements. Unfortunately, milk is very easily contaminated with bacteria which can give rise to illness. For this reason it should be subject to a process of cleansing and heat treatment, known as pasteurisation, which is a sure safeguard against all milk-borne diseases and prolongs the keeping qualities of the milk. **Tuberculin Tested Milk** is free from T.B. infection but cannot be guaranteed free from other germs unless it has also been pasteurised. **Accredited Milk** is clean but has not the same guarantee of safety as Tuberculin Tested or Pasteurised Milk.

Milk should be covered and kept cool to keep it clean, sweet and free from strange flavours and odours. It turns sour and curdles when harmful bacteria convert the lactose (milk sugar) into lactic acid, which causes the protein to form clots in which the fat is caught up. Sour milk is, however, quite edible, and in some countries it is preferred to sweet milk. Pasteurisation does not reduce the quantity of cream contained in the milk although it removes the "cream line", but, in any case, the value of milk fat is often overrated. Skim milk lacks only Vitamin A and fat and is a valuable food. Every drop of milk produced in this country is used, either for ordinary consumption or the manufacture of such essential foods as dried skim powder, butter and cheese. No milk is supplied for industrial purposes, and during those seasons when production is at its lowest, allowances to manufacturers are withdrawn so that distribution to ordinary and priority consumers can be maintained.

5. **OFFAL AND UNRATIONED MEAT.** Dissatisfaction is sometimes expressed by housewives at the difficulty of obtaining supplies of offal such as kidney, liver and heart. Because of the restricted quantity of other foods available, offal is now in greater demand and there is unfortunately less of it than before the war. All available supplies, both from home-killed and imported meat, are allocated to butchers according to their number of

registrations. But offal forms a very small part of the meat obtained from an animal and if all the supplies in this country were shared out weekly each member of the population would receive only three farthings worth. Tripe is distributed to traders in proportion to their pre-war usage by the Associated Tripe Dressers Ltd., the balance going to wholesale depots from which it is distributed to local butchers.

6. **NEWS FROM THE EXPERIMENTAL KITCHENS.**

(A) **Cooking Whale Meat :** Tests have recently been made in our experimental kitchens, using the best cut of whale meat, which was bought in its frozen state, thawed out slowly, and treated as ordinary beefsteak. It was found that, although the raw meat looks somewhat unattractive, most people cannot distinguish it from beefsteak, particularly when it is finely cut before cooking or mixed with strong flavourings. It produces a most satisfying meal. It is less satisfactory grilled or cooked as a joint (3 to 4lb.) when it has a distinctive but not unpleasant flavour. Below are given a method of frying whale meat and recipes for the two most popular dishes, which were both pronounced very good and quite devoid of any characteristic or unusual flavour.

Fried with Onions.

1 oz. dripping. ¾lb. onions, finely sliced. 1lb. whale meat.

Fry the onion in the dripping until tender. Lift out of the pan and keep hot. Cut the meat into slices, ¾—1 inch thick, and fry gently for 7 minutes on each side. Serve on the bed of onions.

Meat Curry.

1 small onion.
1 medium sized apple.
1½oz. dripping.
¾lb. to 1lb. whale meat.
1½ level tablespoons curry powder.
4 level tablespoons flour.
¼ level teaspoon dry mustard.
¾ pint stock or water.
1 level teaspoon sugar.
1 level tablespoon chutney or vinegar.
1 level tablespoon marmalade.
1 level teaspoon black treacle or syrup.
2 teaspoons salt.

Chop the onion and apple finely and fry in the melted dripping. Add the meat, previously cut into 1 inch cubes, and fry lightly. Remove the meat from the frying pan and work in the curry powder, flour and dry mustard. Cook for two to three minutes, add the liquid gradually and bring to the boil, stirring all the time. Add the sugar, chutney, marmalade, black treacle or syrup, and salt. Replace the meat and simmer for 1 to 1½ hours or until tender. In place of rice serve macaroni, barley or potatoes with the curry.

Hamburgers.

8oz. minced whale meat.
4oz. stale bread, soaked and squeezed.
Pinch of mixed herbs.
2 level teaspoons salt.
¼ level teaspoon pepper.
¼ level teaspoon mustard.
4 teaspoons Worcester Sauce.
2 level tablespoons chopped onion.
1 egg (optional).

Mix all the ingredients together and form into 8 rounds. Fry in shallow fat for 15 minutes or until cooked in the middle. Put a large saucepan lid over the frying pan during cooking as this conserves the heat. **Note :** A better result is obtained if the whale meat is put through the mincer two or three times.

(B) **Recipes using Carrots.**

Carrot and Macaroni Cheese.

2lb. carrots.
2oz. macaroni.
1½oz. flour.
¼ pint milk.
2oz. cheese, grated.
1½ teaspoons salt.
¼ teaspoon pepper.
½ teaspoon dry mustard.
1 teaspoon vinegar.

Prepare and slice the carrots and cook with the macaroni in boiling water for 20 to 30 minutes or until tender. Drain, keeping ½ pint of the liquid and put to keep hot. Blend the flour with the milk, add the boiling stock and bring to the boil, stirring all the time; boil gently for 5 minutes. Add two-thirds of the cheese, seasoning and vinegar, mix and pour the sauce over the macaroni mixture. Sprinkle the remainder of the cheese over the top and brown under the grill.

Quick Carrot Soup.

½oz. margarine.
6oz. grated carrot.
2 pints water.
2 tablespoons flour.
½ pint diluted evaporated milk.
3 teaspoons salt.
¼ teaspoon pepper.
1oz. grated cheese.
1 tablespoon chopped parsley *or* finely shredded cabbage.

Melt the margarine and toss the carrots in it. Add the water, cover the pan with the lid and boil gently until the carrots are tender, about fifteen minutes. Blend the flour with the milk and stir into the soup. Bring to the boil, stirring all the time, and boil gently for five minutes. Add the seasoning, cheese and parsley, or cabbage, and serve immediately.

7. **NEWS FROM OTHER MINISTRIES** (a) **Ministry of Agriculture and Fisheries.**

Garden Hints for February. Plant Jerusalem artichokes in drills, 5 inches deep and 30 inches apart, allowing 15 inches between the tubers. Plant shallots in well prepared ground 9 inches apart in rows 12 inches apart. Push them into the soil to two-thirds their depth. Divide rhubarb where necessary. See that each set has at least one good "eye" and replant in well prepared ground with buds at soil level. Established crowns may be covered with pots or boxes for forcing, which will be accelerated if they are covered with leaves or manure. Give spring cabbages a dressing of nitrate of soda or sulphate of ammonia at the end of the month, about ½oz. per yard along the row, and hoe lightly in. Sow parsnips, using new seed only, on a still day. Rake in 2oz. to 3oz. per square yard of "National Growmore" fertiliser before sowing. Spray fruit trees and bushes with a petroleum emulsion against capsid bugs, red spider and winter moths. Peach leaf curl may be controlled by spraying at the end of this month with 3% lime sulphur or with Bordeaux mixture.

(b) **Ministry of Fuel and Power.** The following fuel economy leaflets can be obtained free of cost (together with posters if required) from the Ministry of Fuel and Power, Queen Anne's Chambers, Dean-Farrar Street, London, S.W.1.

Leaflet No. L/3 "Food and Fuel Planning."
L/4 "Practical Ways to save Electricity."
L/5 "Sensible Ways to save Gas in the Home."
L/6 "All along the Line." (Laundry leaflet).

Ministry of Food,
Public Relations Division,
Montagu House, S.W.1.

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No. 37

FOOD LEADER NEWS

(For Ration Period No. 6—8th December, 1946 to 4th January, 1947)

CHRISTMAS GREETINGS TO FOOD LEADERS

MR. STRACHEY ATTENDS FOOD LEADER RALLY. A warm tribute to the work of Food Leaders everywhere was paid by the Minister of Food at a Food Leader Rally held at the Central Hall, Westminster. They were, he said, playing a vital part in raising general standards of health and nutrition. Answering questions previously submitted he explained that **staple** fruits such as apples, oranges and bananas are imported by the Ministry while grapes, peaches and pineapples, etc., are imported by private traders and sold at uncontrolled prices. Mr. Strachey hoped that in the next 12 months our fruit and nut imports will be doubled. He expressed dissatisfaction with the present distribution arrangements for points rationed foods which may he thinks be out of date and require revision.

At the same meeting Dr. Charles Hill, the Radio Doctor, asked Food Leaders to use their influence to urge the needs of children and to secure that human feeding shall be related to human needs rather than human prejudices and passions.

1. **FOOD NEWS. Christmas Extras.** During the current rationing period there will be a special issue of 1½ lbs. sugar, ½ lb. of which must be taken in the form of demarara. The meat ration will be worth 2/- during the week 15th December to 21st December in England, Wales and Northern Ireland. People in Scotland will receive their extra meat in the following week. There will also be an extra issue of ½ lb. of sweets for those under 18 and over 70.

2. **BOOKS AND LEAFLETS FOR THE FOOD LEADER.** The "Cookery Calendar for December to January" will be available this month giving seasonable recipes. Ministry of Food leaflets can be obtained through your Divisional Food Advice Organiser or direct from Distribution Section, Ministry of Food, Portman Square, London, W.1. An excellent Christmas gift for newly weds is the "A.B.C. of Cookery", obtainable from His Majesty's Stationery Office, York House, Kingsway, W.C.2., price 1/- (by post 1/2) or from any bookseller.

3. **WELFARE FOODS SERVICE.** Everyone working on the Welfare Foods Scheme is playing "Father Christmas" to children all the year round. Sound nutrition is essential to ensure the best of all gifts—good health. Make it your special care this Christmas to see that every child has his welfare foods.

The latest figures of uptake are :

Orange Juice 38.9%
Cod Liver Oil 33.8%
Vitamin Tablets 53.9%

A reprint of the "Mother and Child" leaflet has just been issued and may be obtained through your Food Advice Centre or your local Food Office.

4. **NUTRITION NOTE.** Now let us turn to the adolescents and their needs for our four food groups.

(i) National Milk Cocoa furnishes extra building material for complete development of bones and teeth.

(ii) Canteen meals help to give the adolescents extra meat, fish and other flesh builders. It is important to see that they receive their full share of these foods at home also.

(iii) Vegetables should feature prominently in at least two of the daily meals, and each day there should always be a salad to give ample health protection.

(iv) Adolescents have great energy needs. As with our other vulnerable groups, whole grain cereals and bread come first, followed by non-protective energy foods (not crowding out the more essential foods).

Thus the last stages of growth are completed after proper foods have done their work towards building a strong healthy adult, and good food habits have been established for life.

5. **NEWS FROM THE EXPERIMENTAL KITCHENS.** This month we are giving you a recipe for your Christmas party.

Vanilla Slices

4 oz. short pastry
1½ oz. custard powder
4 level tablespoons household milk (dry)
¾ pint water
2 level tablespoons sugar
½ teaspoon vanilla essence
½ level tablespoon jam
3 oz. icing sugar
1 dessertspoon hot water
a few drops of cochineal.

Roll the pastry to an oblong 9″ × 12″, mark into 3″ squares and bake in hot oven for 10 to 15 minutes ; when cold, cut in half. Blend custard powder and milk with a little of the water, bring the remainder to boil, and pour on to blended mixture. Return to pan, bring to boil, stirring all the time and boil gently for 5 minutes. Add sugar and vanilla and allow to become cold but not set. Spread one half of pastry with jam, place in deep baking tin and cover with ½″ layer of custard ; allow to set and cover with remaining piece of pastry. Mix icing sugar, hot water and cochineal together and spread over top piece of pastry. Cut into 3″ squares when icing is set.

6. **MILK IN SCHOOL HOLIDAYS.** The question is often asked : "Why isn't it possible to provide milk for school children during holidays ?" The answer is that several attempts have been made to work out a suitable scheme, but the administrative difficulties have always been found to be too great. The chief difficulty is in transferring school milk supplies from the 8,000 distributors who serve schools to the 100,000 distributors who serve homes, and then ensuring that the latter give temporary priority to school-children in their house to house deliveries. School holidays for different types of schools are far from uniform, even in the same area. To make this complicated change three or four times a year for some four million children is unfortunately just not possible. Milk not drunk by school children goes into a central pool and is used either for manufacturing purposes or to supplement the basic allowance of the non-priority consumers.

7. **NEWS FROM OTHER MINISTRIES.** (a) **Board of Trade.** Twenty-six further coupons are to be issued to those who have been released or discharged from the armed forces. Those who were demobilised between 18th June and 31st December, 1945, can obtain a further 26 coupons by application at any Food Office on and after 25th November, 1946. Applicants should fill in, and take along to the Food Office :

(i) The "V" application form loose or in the supplementary clothing book containing the 90 coupons.

(ii) A Service release and/or discharge document (bearing a date of release issued in the United Kingdom between 18th June and 31st December, 1945).

Officers who ceased service between these dates, and who were provided with a letter but not a formal order for release, should **not** make application to a Food Office. They should instead apply in writing to the Board of Trade (Section 2d), 91 Victoria Street, London, S.W.1., enclosing their letter of release and the "V" form.

(b) **Ministry of Agriculture and Fisheries. Hints for December.** Finish digging heavy soils as soon as possible to enable weather to break down the clods. Double dig and manure the ground reserved for hungry crops, like onions, leeks, peas and beans.

If frost threatens, cover celery with straw or bracken and protect outside clamps and stored potatoes. "One removal in time saves nine" is true of decaying fruit and vegetables in store.

Now is the opportunity to plan vegetables for next year. Rotation is most important in helping to keep down pests and diseases besides economising in labour and manure.

(c) **Ministry of Fuel and Power.** It is especially necessary to be careful with gas and electricity during "peak periods" when demands become excessive and the only way to avoid complete breakdown is to reduce pressure of gas and to cut off electricity in certain areas. The "peak periods" for electricity are between 8 a.m. and 12 noon, and 4 p.m. and 6 p.m. Gas demands are heaviest at weekends.

The small pamphlet on cooking with the minimum of fuel, thereby reducing labour and fuel bills to the minimum, is available for Food Leaders free of charge from the Ministry of Fuel and Power, Queen Anne's Chambers, Dean Farrar Street, London, S.W.1.

Ministry of Food,
Public Relations Division,
*Montagu House, S.W.*1.

(9168) *M23472/1367 12/46 28,500 HK&R 32