

**Composite ration pack : type A (14 men for one day) : contents and suggested use...**

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Wellcome Collection  
183 Euston Road  
London NW1 2BE UK  
T +44 (0)20 7611 8722  
E [library@wellcomecollection.org](mailto:library@wellcomecollection.org)  
<https://wellcomecollection.org>

# COMPOSITE RATION PACK

## TYPE A

(14 men for one day)

## Contents and Suggested Use

<b>BREAKFAST</b>	Tea	*	3 tins (2 tall, 1 flat—Tea, Sugar & Milk Mixture)
	†Sausage (1 hr.)		2 tins
	Biscuit	* *	1 tin
	Margarine	*	1 tin

(\* Items marked thus are also to provide for other meals)

<b>DINNER</b>	†Steak & Kidney		
	Pudding ( $\frac{1}{2}$ hr.)	11	tins
	†Vegetables ( $\frac{3}{4}$ hr.)	4	tins (2 large, 2 small)
	Tinned Fruits	2	tins

<b>TEA</b>	Tea	—	(*see above)
	Biscuit	—	(*see above)
	Margarine	—	(*see above)
	Jam	1 tin	

**SUPPER** †Baked Beans ( $\frac{3}{4}$  hr.) 3 tins  
Biscuit — (\*see above)

<b>EXTRAS</b>	Cigarettes	2 tins (1 round, 1 flat— 7 cigarettes per man)
	Sweets	1 tin
	Salt	— { packed with
	Matches	— { sweets above
	Chocolate	1 tin (1 slab per man)
	Latrine Paper	
	Soap	1 tablet

### DIRECTIONS

**Tea, Sugar and Milk Powder.**—Use a dry spoon and sprinkle powder on heated water and bring to the boil, stirring well. 3 heaped teaspoonfuls to 1 pint of water.

†May be eaten hot or cold. To heat, place unopened tins in boiling water for minimum period as indicated. Sausage may be fried (using margarine) if preferred.