

Instructions for the use of "The 24-hour ration".

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INSTRUCTIONS FOR THE USE OF "THE 24-HOUR RATION"

I. CONTENTS.

This box contains the full rations (in concentrated form) for one man for one day as follows :—

- | | |
|--|----------------------------|
| 10 biscuits | 1 slab of plain chocolate. |
| 2 sweetened oatmeal blocks. | boiled sweets. |
| tea/sugar/milk blocks (May be wrapped together). | 2 packets of chewing gum. |
| 1 meat block. (May be several wrapped together. | 1 packet of salt. |
| 2 slabs of raisin chocolate. | meat extract tablet(s) |
| | 4 tablets of sugar. |
| | 4 pieces latrine paper. |

2. SUGGESTED MENU.

Breakfast.

- 2 oatmeal porridge blocks.
- 2 biscuits.
- tea blocks (one half of quantity provided).

After breakfast remove 2 or 3 biscuits, chocolate, chewing gum and sweets and place in convenient pockets for use during action, thus being more readily available when required.

Supper.

- Meat block(s).
- Biscuits.
- tea blocks (one half of quantity provided).
- Any sweets, chocolate etc., left over from the day.

Please turn over.

3.

PREPARATION.

To prepare a hot meal, crumble the blocks up finely into a mess tin. Add water to a depth of about $\frac{1}{2}$ " ($\frac{1}{2}$ pint) for the 2 oatmeal blocks and the meat block(s), and about 1" (1 pint) for half the quantity of tea blocks provided. Boil with stirring for 3-4 minutes. If circumstances make heating with water impossible, the oatmeal and meat blocks can be eaten dry—in which case

- (1) Eat them slowly.
- (2) Chew them well.
- (3) Drink some water at the same time or soon after

4.

NOTES.

- (a) The amount of water suggested is only approximate.
- (b) Cook the meat and porridge (oatmeal) carefully or they will burn.
- (c) Broken biscuits and meat extract tablets may be added to the meat stew if required.
- (d) After boiling, leave the tea for a few minutes so that the leaves can sink to the bottom of the mess-tin. Add sugar if required.
- (e) If you want more hot drink, cook up the broken bar of plain chocolate with water or dissolve the meat extract tablets in hot water.
- (f) It is more economical for men to cook in pairs and make the larger part of the mess tin full of tea to give nearly two pints (using all tea blocks in one pack). It is essential to use cookers away from all draughts—using a tin as a shield, or by making a small slit trench.

Please turn over.