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OUR FOOD - OUR DEFENCE

THE line of Food Defence runs through all our homes. It is where we must be always on our guard. The watchword is careful housekeeping.

It may seem so simple, this urgent duty, that we may tend to overlook its full meaning. A little saving here and there—how can that really help us to win the war? A little here and there, with our 45 million people all contributing, becomes an immense amount. Take one example.

Many people make tea by allowing one teaspoonful a head, and an additional

teaspoonful "for the pot." The teaspoonful "for the pot" is unnecessary. It is equal over the whole population to sixty shiploads a year. We must have those ships to bring munitions.



Remember how much of our food comes from overseas—more than 20 million tons in a peace-time year. Let us picture the convoys, bringing the cargoes to our shores and let us be very careful.



As a companion to this leaflet

the Ministry of Food have issued a leaflet called "How to eat wisely in War-time."

It deals with the effect of food on health. It sets out the foods in general use in four groups, according to the nourishment which they supply, and shows housewives the variety from which they can make their choice.

Further leaflets will be issued on the ways of using particular foods.

<p>GROUP 1. BODY-BUILDING FOODS <i>They build the body and prevent the tissues wearing out.</i> MILK - CHEESE - EGGS - MEAT - FISH * Many vegetable foods, such as peas and beans, bread and potatoes, help in body-building; but they are not such good body-builders as these five.</p>	<p>GROUP 2. ENERGY FOODS <i>They provide fuel for the human body.</i> BACON & HAM - BREAD - BUTTER or MARGARINE - CHEESE - DRIED FRUIT - DRIPPING, SUET & LARD - HONEY - OATMEAL - POTATOES - RICE - TAPIOCA, SAGO - SUGAR</p>
<p>GROUP 3. PROTECTIVE FOODS <i>They protect us from disease.</i> MILK - BUTTER or MARGARINE - CHEESE - EGGS - HERRINGS - SALMON (tinned or fresh) LIVER <i>Protective Foods are needed if we are to be properly nourished. They build the teeth and bones and help us to resist infection.</i></p>	<p>GROUP 4. POTATOES - GREEN VEGETABLES & SALADS - FRUIT (fresh or tinned but not dried) CARROTS - TOMATOES - WHOLEMEAL BREAD</p>

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Saving Fuel in the KITCHEN

Keep pots, pans and stoves clean—this saves fuel.

Make use of every bit of oven space when baking. Soups and many vegetables can be cooked in the oven as well as joints, potatoes and puddings. If there is any space left, cook extra dishes which can be eaten cold the next day.

When you are not using your oven, a steamer is a great saving as you can cook a complete meal in it. If you don't possess a steamer, try using a colander with an ordinary pan. Fish can be steamed between two soup plates over a pan of hot water.

If you are cooking on a gas burner, never let the flames leap up the sides of the kettle or pan. Use a small burner in preference to a large one unless you are in a hurry.

Minutes mean money where fuel is concerned, so don't get the kettle boiling until you are ready to make the tea.

Also don't absent-mindedly fill the kettle when you only need half that amount of boiling water!

Serve as many salad meals as you can. Salad, cheese, brown bread and butter or margarine, milk and fruit make a real health dinner for both adults and children. A meal like this uses no fuel.

OUR FOOD TODAY

2

WISE HOUSEKEEPING IN WAR-TIME

THIS LEAFLET IS WRITTEN TO HELP YOU

CAREFUL BUYING



TRUE economy begins with careful buying. The woman with the basket has a vital part to play in home defence. By saving food you may be saving lives.

Look in the larder before you set out for the shops, and then plan your purchases.

Study the food chart reproduced in this leaflet and remember—*something from each of the four groups every day*. If the shops have not got one of the foods you want, choose another from the same group.

Watch the shops and take advantage of seasonal foods. Some of the seasons are all too short, so we must not miss them.

Listen to the wireless for announcements about the supplies of various foodstuffs.

Perishable foods are always a problem for the housewife. It is not wise to take a chance with them, no matter how great a bargain they may seem. It is safest to buy only as much as you know you can use without waste.

CAREFUL COOKERY

We waste food just as much by cooking it badly as we do by throwing it away.

War-time cookery should be simple cookery: elaborate dishes waste time and fuel.

To guess either quantities or time is too risky. Use measures and watch the clock.

It is important not to lose any nutriment by *over-cooking* food. If food is over-browned in cooking, this means waste. Over-cooked fat is also waste.

Boiling vegetables in a lot of water is waste. Much of their goodness is poured away down the kitchen sink, and it wastes fuel too.

Shred your vegetables finely, put them in a pan with, say, a teacupful of boiling water (just enough to keep the pan from burning). Add a little salt, and cook with the lid on. Never add soda to vegetables: it is quite unnecessary. Any liquid that remains in the pan after dishing up the vegetables should be saved for soup.



Steaming is another economical method of cooking vegetables.

Save the outer leaves of cabbage and cauliflower: they are very nourishing. Use them for soup if they are too tough for serving as a green vegetable.

Peeling potatoes means waste. A lot of nourishment is lost if you peel and throw away the skins. Wash them well and bake them in their jackets. Try eating the jackets too. You'll be surprised how good they are. Or, if it is more convenient, steam or boil them in their jackets.



SAVING FATS

Fats are essential for health and strength. It is our duty to see that not a scrap of fat is wasted in our homes.

Do we always scrape thoroughly the papers in which butter and margarine have been wrapped? The papers themselves should be saved for greasing baking dishes or covering food while it is cooking in the oven.



WAYS WITH RAW FAT

Cut off excess fat from your meat before cooking and shred it finely. Use it as suet for puddings, suet pastry, dumplings and so on.

or - Shred it and frizzle it in your frying pan for frying tomatoes, potatoes, vegetables, bread and so on. Serve the shrivelled fat with the food.

or - Shred it and add a little to milk puddings.

If you are frying meat, cut off the excess fat, shred finely, and frizzle in the pan before you put in the meat. This saves cooking fat; will be more digestible.



If you cut off the rinds of bacon rashers before frying, frizzle them in the pan before putting in the rashers. Or save them for flavouring soup.

WAYS WITH SCRAPS OF COOKED FAT
Add to the small amounts of water used for cooking vegetables both green and root.

Put on the top of baked or grilled dishes such as vegetable and cheese dishes, or in savoury stuffings to be served with fish or meat.

Fat left in the frying pan should be strained carefully and used again. If it needs clarifying put it with a little water in a saucepan, and boil for a short time. The pure fat will rise to the top. When cool, strain.

SAVING BREAD & FLOUR

SAVING BREAD

Bake stale bread in slices and use as toast or serve as rusks with soups or stews.

Bake and grate or roll down into crumbs. Use these when frying fish or when topping vegetable savouries and so on.

Soak in milk, or milk and water, and use with suet and dried fruits for baked or steamed puddings.

Soak and use for savoury stuffings such as sage and onion.

Try to use one of our home-produced products instead of flour. Potato pastry, potato stuffing, potato cheesecakes, potato scones, all are good and *all save flour*.

SAVING SUGAR

When stewing fruit, add the sugar just before you take the fruit off the stove. You will then need far less sugar to sweeten the fruit than if you put the sugar in at the beginning.

Sultanas, chopped figs, or other dried fruits, cooked with fresh fruits, milk puddings and so on help to sweeten them. This both saves sugar and adds to the nourishment of the dish.

USING UP LEFT-OVERS

However carefully you plan, there are always some left-overs, for appetites are fickle. But there is no need for an ounce of food to be wasted: left-overs can be used in such a variety of ways.

For instance, you can use them for soup.

All odds and ends of meat and vegetables and the outside leaves of cabbage, lettuce and cauliflower, finely shredded, are excellent for soup making.

Or you can use them for savouries.

Chop left-overs of meat and vegetables finely, mix together, flavour with herbs or cheese and heat up. Or shape into rissoles and fry. Or use as fillings for pasties, savoury pancakes, or stuffed tomatoes.