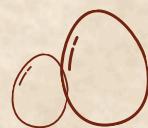


RECIPE PROMPTS



A Victoria Sandwich cake needs 8oz of butter, sugar, and flour.

1 small serving of jam is 20 grams - a jar has 454 grams - how many sandwiches could you make with that?



For a light, fluffy cake you need 2-3 eggs.

Growing your own fruit and vegetables are a great way to add more food to your allowance.



2 oz of tea is less than 20 tea bags. Don't use them all at once!

MINISTRY OF FOOD

RATION BOOK

PROPERTY OF...

SURNAME.....

OTHER NAMES.....

.....

JUNIOR

SERIAL NO. OF RATION BOOK

TK 106660



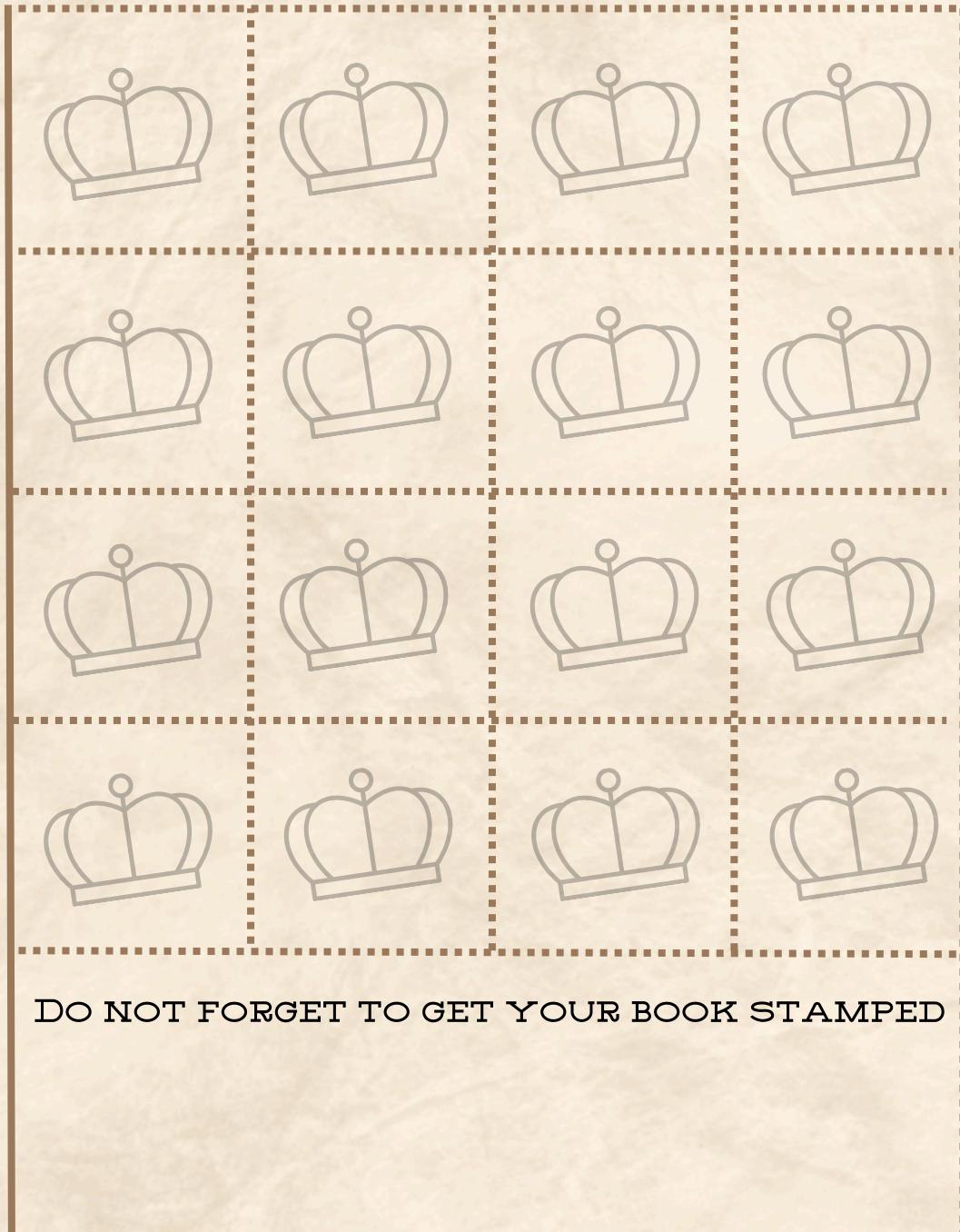
IF FOUND RETURN TO ANY FOOD OFFICE



THE KEEP
MILITARY MUSEUM

YOUR WEEKLY FOOD ALLOWANCE

Bacon & Ham	4 oz (113g)
Other meat	2 chops
Butter	2 oz (57g)
Cheese	2 oz (57g)
Margarine	4 oz (113g)
Cooking fat	4 oz (113g)
Milk	3 pints
Sugar	8 oz (226g)
Jam	1 jar every 2 months
Tea	2 oz (57g)
Eggs	1
Sweets	12 oz (350g) every 4 weeks



DO NOT FORGET TO GET YOUR BOOK STAMPED