

It is clear that teachers have a valuable part to play in any food campaign in order to help the community to make the best use of available food and to get the maximum nourishment at the minimum cost. In order to make their work successful in the campaign they will realise that they must widen their knowledge of people and home conditions, and of food resources, and relate their teaching methods to the newer problems which are now arising.

(a) THE HOME is the background to most people's lives, and loyalty to home routine is a national asset. Food is a predominant part of home life from early days to old age, and certain marked prejudices about food exist in individual homes and districts. These prejudices are often the result of circumstances, and are sometimes of great historical and geographical significance. Many are good, some are bad, but whatever their character, in the time of emergency it is clear that changes of diet will be necessary. Housekeeping money, foods available, facilities for cooking, the cost of food and familiar habits are all factors that will affect and influence necessary changes in war-time. Success in any effort towards the best use of food can only come by consideration of people's tastes, circumstances and food habits. For instance, the wise teacher will make what use she can of foods which are characteristic of a district (e.g. the Cornish pasty, the Haggis or Leek pudding of the North, the "tato rhost" of Wales) as a basis for food changes made necessary by war conditions. The introduction, therefore, of unfamiliar and possibly more nourishing foods with the more familiar foods, as necessity arises, is likely to lead to a better way of feeding than indiscriminate and drastic changes. Dishes peculiar to certain districts can remain the same in form if not in content.

(b) RATIONED FOODS are mainly those which come from overseas. These foods are distributed evenly amongst the people in an attempt to ensure that all may "share and share alike." It is obviously impossible to foresee what goods from overseas will be available for certain at any time. No unnecessary risk of lives should be taken, and no freight used for food which can be produced in our own country. There should be enough, and more than enough, for our own use of *dairy and garden produce*, and if these foods can be made available for every family, and used in the right way, proper nourishment is assured.

Some information on the various kinds of available food may be useful :—

Alternatives to Rationed Foods

1. Butter ... Margarine—all brands of which are now vitaminised.
2. Bacon ... Dripping-toast, herrings, porridge or cereals and milk, cheese, potatoes or bread fried in bacon fat.
3. Meat ... Unrationed meat : offal, rabbits, cheese, eggs, fish, especially herrings, kippers, salmon (tinned or fresh) : pulses such as peas, beans and lentils ; nuts.
4. Sugar ... Dried fruits, especially raisins, dates, sultanas,* currants,* jam, syrup, treacle and honey.

* If chopped or minced, these are more easily assimilated by children.