

## Ashdown Ramblers Newsletter6 - 04/05/20 VE Day special

I hope that you, your family and your friends remain safe and well in these difficult times.

Copies of the newsletters, the quizzes and answers are posted on our website, on the Events and Communications page, on **Mondays**

<http://www.ashdownramblers.btck.co.uk/>

As it is VE Day on Friday, 8<sup>th</sup> May, I would like to collect any reminiscences you might have or ones that have been passed on to you, to include in the next newsletter. They do not have to be very long – just a few sentences would be fine and they can be anonymous, if you prefer. Any recipes, VE day photographs etc would be fantastic.



Please e-mail them to Grace: [gporter.gpr@gmail.com](mailto:gporter.gpr@gmail.com)

**Quiz:** this week's quiz involves map-reading and some cryptic clues, in the Biggin Hill area.

### Rationing in World War Two

Rationing began on 8th January 1940 when bacon, butter and sugar were rationed. By 1942 many other foodstuffs, including meat, milk, cheese, eggs and cooking fat were also 'on the ration'.

This is a **typical weekly food ration** for an adult:

- **Bacon & Ham** 4 oz
- **Other meat** value of 1 shilling and 2 pence (equivalent to 2 chops)
- **Butter** 2 oz
- **Cheese** 2 oz
- **Margarine** 4 oz
- **Cooking fat** 4 oz
- **Milk** 3 pints
- **Sugar** 8 oz
- **Preserves** 1 lb every 2 months
- **Tea** 2 oz
- **Eggs** 1 fresh egg (plus allowance of dried egg)
- **Sweets** 12 oz every 4 weeks

Rationing was a means of ensuring the fair distribution of food and commodities when they were scarce. It began after the start of WW2 with petrol and later included other goods such as butter, sugar and bacon. Eventually, most foods were covered by the rationing system with the exception of fruit and vegetables.

Ration books were given to everyone in Britain who then registered in a shop of their choice. When something was purchased the shopkeeper marked the purchase off in the customer's book. Special exceptions were made for some groups of people who required additional food like underground mine workers, members of the Women's Land Army and members of the Armed forces.

<https://www.historic-uk.com/CultureUK/Rationing-in-World-War-Two/>