



Children's party – the lady in uniform is an air-raid warden. A sign of food shortages is how pleased the children look with their apples. (Lewisham Local Studies Library)

SOME WARTIME RECIPES

All these recipes are taken from some of the many recipe books and leaflets printed at the time. Like many of the recipes of the period, they reflect the ingredients then available, or more accurately unavailable. While it can be fun to make and sample the food – some of them are quite good – I have to say that some of the recipes in this book taste quite appalling, and are here for historic rather than gastronomic reasons!

Woolton Pie

The ingredients of this pie can be varied according to the vegetables in season. Potato, swede, cauliflower and carrot make a good mixture. Take 1 pound of them, diced, three or four spring onions, if possible, 1 teaspoonful vegetable extract and 1 tablespoonful oatmeal. Cook together for 10 minutes with just enough water to cover, stirring occasionally. Allow to cool, put in a pie dish, sprinkle with chopped parsley and cover with a crust of potato or wheatmeal pastry.

Eggless, Fatless, Walnut Cake

4 cups flour
1 cup sugar
1 cup chopped walnuts
4 teaspoons baking powder
1 good cup milk
1 good pinch salt

Mix flour, sugar and chopped walnuts together. Add salt and baking powder, then the milk. It should be slightly wetter than an ordinary cake mixture. Leave to rise for 10 minutes. Bake in a greased tin in a slow oven until risen and brown.

Treacle Toffee Carrots

½ pound sugar
½ pound treacle
1 tablespoon vinegar
2 ounces margarine
bundle of fresh carrots

Melt the margarine in a strong saucepan and add the other ingredients (except the carrots). Bring to the boil, and boil steadily until a little dropped into cold water immediately becomes brittle.

Wash and scrape the carrots, and see that they are all well shaped. Dry them thoroughly, dip into the toffee as soon as it reaches the brittle stage. Pour the rest of the toffee into a greased tin to set firm.

I AM RATHER RARE - ONLY ASK YOUR SHARE

It is tempting to search everywhere for Peek Frean's – to enjoy that unvarying quality for which these biscuits are famous. But please don't do it. Trust your regular dealer, who will consider you all the more if you are patient and understand his many difficulties.

Peek Frean's
BRITAIN'S CRISPEST BISCUITS

Peek Frean's advertisement. Many wartime adverts demonstrated the effects of shortages.

THE YANKS ARE COMING

On 7 December 1941, Japanese aircraft attacked the US naval base at Pearl Harbor, and on 11 December Germany and Italy also declared war on the USA. Throughout 1942, US troops began to set up bases in Britain. They brought with them forgotten luxuries – ice cream, sweets, gum, and other shortage goods – and were followed