

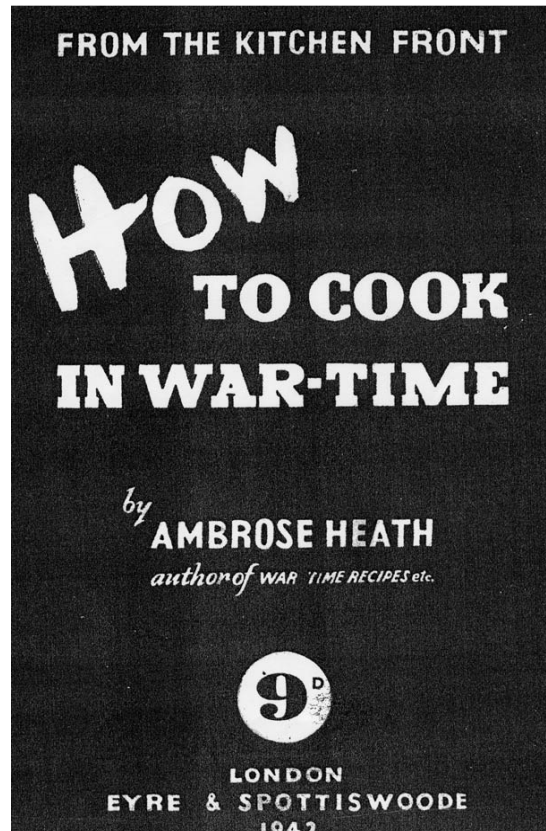
## Wartime Cooking – Source 1

### SHEEP'S HEAD STEW

1. Wash a whole or half a head in strong salt water. Put into a saucepan with a sprig of mint, some carrots and a turnip and an onion diced.
2. Cover with water, add salt and pepper.
3. Bring to the boil, remove all scum turn down the gas and simmer gently for 3 to 4 hours. Remove the heat from the bones and return to the vegetable stock to reheat. Serve with onion sauce.

**Ambrose Heath: 'How to Cook in Wartime'**

**SOURCE A**



*The hints contained in this book are not intended merely to relieve the housewife of her kitchen worries, though that is perhaps their main object. They are intended to contribute something towards the efforts of the Kitchen Front in winning the war, by indicating the many small ways in which food or fuel can be saved and food values enhanced or preserved. It is easy to throw up one's hands and grumble along on our rations: it is almost as easy, though not quite, to make use of the various tricks of the trade which those very war-time conditions have brought to light, and still make our meals the pleasant and happy gatherings they used to be.*

**Ambrose Heath: 'How to Cook in Wartime'**

**SOURCE B**

### AT SCHOOL

Would you rush to school to fetch the children if you heard gunfire or if the air raid warning was given?

**YOU MUST FIGHT DOWN YOUR NATURAL DESIRE TO BE WITH THEM.**

Even if you did reach the school safely, you might not reach home with the children before the raid began, and you would have taken your children into danger.

**SOURCE C**