1. When did The Second World War begin?
   a. 1939  
   b. 1934  
   c. 1927
2. When did the American Navy set up base in the City?
   a. 1940-1941  
   b. 1940-1945  
   c. 1941-1942
3. Give two reasons why Derry was an important base for the Americans?
   a. 
   b. 
4. Which area in Derry was bombed during WW2?
   a. 1939  
   b. 1934  
   c. 1927
5. When did The Second World War begin?
   a. 1939  
   b. 1934  
   c. 1927

Creative writing
From the pictures Derry the War Years on the Tower Learning site can you place yourself in that time and write about your life growing up during the war? What was it like? Where did you live? What was it like at night time?

Or maybe
You are a soldier fighting on the front line. What were the living conditions like? What was morale like amongst your fellow soldiers? What noises could you hear (rifle fire, fighter planes, bombs)? What was it like in the trenches?
Wartime Rations Issued by the Ministry of Food

The following listing is for one adult (children receive half) per week:

- **Bacon and ham (3-4 slices/rashers)** - 4oz
- **Other Meats** - 2 small chops
- **Butter** - 2oz
- **Cheese** - 2oz
- **Margarine** - 4oz
- **Cooking Fat** - 4oz
- **Milk** - 3 pints
- Plus 1 Packet **Dried Milk** per month
- **Sugar** - 8oz
- **Preserves** Every two months 1 lb
- **Tea** - 2oz
- **Egg** (shell egg) - x1
- Plus 1 packet **dried egg** per month
- **Sweets** - 12oz

Other foods such as canned meat, fish, rice, canned fruit, condensed milk, breakfast cereals, biscuits and vegetables were available in limited quantities on a points system. An adult’s monthly allowance might provide a tin of salmon or fruit, and half a pound of dried fruit. Bread, flour, fish (if available), offal, game (including rabbit, venison, etc), sauces and pickles were not rationed, but were not always available.
Plan a week-long menu using foods that were rationed in World War II. First, look through some of the authentic recipes to give you some ideas. You will plan breakfast, lunch and dinner for a seven day period. Meals should be nutritious. You may use the food guide pyramid to help plan healthy meals. Any unrationed foods can freely be added to the menu, such as fresh fruits or vegetables that are homegrown in a victory garden.

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**French Peasant Soup**

2 pints vegetable stock or water
A teacup stale breadcrumbs
1 lb. stale bread
14 lb. grated cheese
3 oz. salt
4 oz. chopped onions
1 oz. chopped parsley

Bring stock or water to the boil. When boiling add the vegetables (except onions and parsley) and the bread crumbs. When the vegetables are tender add cheese and parsley. Serve at once.

**Tomato Soup**

1 lb. tomatoes, sliced
2 pints stock or water
2 onions, sliced
2 stalks celery
1 lb. fresh or homegrown tomatoes
Salt and pepper

Prepare and slice the tomato, carrot and leek. Sweeten with a little sugar and boil gently until the vegetables are tender and march in with a wooden spoon. Thicken with the flour and water. Mix until smooth. Add the vegetables and serve.

**Pea Pod Soup**

1 lb. peas
1 lb. potato or mixed root vegetables, chopped
2 oz. fat
2 oz. flour
4 sprigs mint
Salt and pepper

Wash the pea-pods thoroughly, and remove the stalks and tough stringy threads. Prepare and chop the vegetables in the hot fat for a few minutes. Then add the boiling peas. When the peas are tender, and sieve. Thicken with the flour, salt and pepper, blended with a little cold stock or water and add the coarsely chopped parsley just before serving.
Ministry of Food Recipes Suggestions

All recipes below are for four people unless stated otherwise.

**BREAKFAST DISHES**

**Tomato Cheese Savoury**
4 Slices bread toasted on one side.
4 Tomatoes.
3 oz. Grated cheese.
Salt and pepper.
Method, Cut tomatoes into slices, lay these on untoasted sides of the bread. Sprinkle with grated cheese, salt and pepper. Put under grill until cheese has melted and browned. Serve hot or cold.

**Oatmeal Cheese Rarebit (for one person)**
1 oz. Grated cheese.
½ oz. Toasted oatmeal.
Salt and pepper.
1 Teaspoonful coarsely chopped parsley.
1 oz. flour.
¼ Pint water.
Toast.
Method, Make a sauce with the flour and water. Add the cheese oatmeal and seasonings, stir well and cook for a minute or two. Pour on to toast. Place under the grill until brown. Sprinkle with parsley just before serving.

**MAIN MEALS**

**Vegetable Pie with Cheese and Oatmeal Crust**
1½ lbs. Cooked mixed vegetables.
½ Pint stock or water
2 oz. Oatmeal
6 oz. Flour
1 oz. Fat
2 oz. Cheese Pastry
Salt
Water to mix
Method, Place cooked vegetables in a pie-dish with a little vegetable water. Season, rub fat into the flour then add the grated cheese, oatmeal and salt. Mix to a stiff dough with water. Roll out the pastry then cover the pie and bake in a moderate oven for 30 minutes.
Cheese Savoury
1 egg. Made from 1 level tablespoon egg powder and 2 tablespoons water.
½ Pint milk.
1 Teacup of breadcrumbs.
4 oz. Grated cheese.
Seasoning.
Method, Reconstitute the egg, then beat with the milk. Add the other ingredients and pour into a greased dish, bake for 20 minutes in a moderate oven until brown and set.

Potato Jane
1½ lbs. Potatoes.
3 oz. Grated cheese.
2 oz. Breadcrumbs.
½ Chopped leek.
1 Sliced carrot.
½ - ¾ Pint milk or water.
Salt and pepper.
Method, Put a layer of sliced potatoes in a fireproof dish. Sprinkle with some of the leek, carrot, crumbs, cheese and seasoning. Fill the dish with alternate layers, finishing with a layer of mixed cheese and crumbs. Pour over the milk and bake in a moderate oven for 45 minutes or steam for 1 hour.

Cheese Omelette
4 dried eggs. Made from 4 level tablespoons dried egg and 8 tablespoons water.
Salt and pepper.
2 oz. Grated cheese.
½ oz. Fat.
Method, Reconstitute the egg and add seasoning. Heat the fat in a pan and pour in the egg and work the mixture with a fork in the usual manner. When set sprinkle in the grated cheese and cook for one minute longer. Fold, and serve hot with a garnish of watercress or other raw green vegetable.
SUPPER DISHES

Cheese Pancake
4 oz. Flour.
2 oz. Grated cheese.
1 ½ Gills milk and water
1 Teaspoon baking powder.
Salt and pepper.

Method, Mix the flour and liquid into a batter then add baking powder and cheese. Melt fat in a frying pan, and when smoking hot pour in sufficient batter to cover the bottom of the pan. Fry pancakes to a golden brown on each side. If liked, this mixture can be made into drop scones, using a girdle, greased hot plate or frying pan.

Vegetable au Gratin
3 Breakfast cups diced cooked vegetables.
1 Breakfast cup cooked white or coloured beans.
1 Small piece chopped leek.
3 Tablespoons browned crumbs.
3 oz. Grated cheese.
4 oz. Flour.)
½ Pint vegetable liquid.) Sauce.
½ Pint milk.)

Method, Mix the flour to a smooth paste with some of the liquid. Bring the rest of the liquid to the boil and pour over blended flour. Return quickly to the pan and cook for a further 5 minutes, stirring all the time then add the cooked vegetables and half the cheese. Pour into a fireproof dish, sprinkle with remainder of the cheese and crumbs. Grill until brown.

Cheese Jacket Potatoes
Scrub 2-4 potatoes and prick with a skewer or fork. Bake on the rack in a moderate oven for about ¾ - 1 hour. Cut down the centre and scoop out the potato inside; mix this with 2-4 oz cheese, seasoning and a little sauce or milk to moisten. Pile back into the potato case and serve hot.
Cheese Frizzles
2 Tablespoons medium or coarse oatmeal.
1 Tablespoon flour.
2 Tablespoons grated cheese.
1 Teaspoon baking powder.
Salt and pepper.
A little water to mix.
Fat for frying.

Method, Mix all dry ingredients together with the exception of the baking powder, then add enough cold water to mix into a stiff batter. Just before using add the baking powder. Melt a little fat in a frying pan and when smoking hot drop spoonfuls of the mixture into hot fat. Fry till golden brown on both sides.

Dishes suitable for two children
Vegetables in a cheese sauce
¾ - 1 lb Cooked mixed vegetables.
Browned breadcrumbs.
¾ Pint cheese sauce.

Method, Mix the vegetables and cheese sauce together, pour into a pie dish and sprinkle with browned breadcrumbs. Brown in a moderate oven or under the grill.

Cauliflower Cheese
1 Small cauliflower [cooked].
2-4 oz. Cheese.
¾ Pint white sauce.

Method, Put the cauliflower in a greased dish. Mix half the cheese with the sauce and pour over cauliflower. Sprinkle the rest of the cheese on top, and bake or grill.

Potato Cheese
1 lb Cooked mashed potato.
2-4 oz. Grated cheese.
Salt and pepper.

Method, Mash the potatoes and season well then add half the cheese. Arrange in a greased dish and sprinkle with rest of the cheese then brown under the grill.
OTHER USAGES

Cheese with Fish
Sprinkle some grated cheese over fish when baking it in the oven. This lends quite a new and subtle flavour to the fish.

Making Your Own Cream Cheese
Allow sour milk to form a thick clot. Pour into a muslin bag and allow liquid to drip into a basin for 24 hours, [the whey, which is remains, can be used in soups or for mixing cakes.] Remove the cheese from the bag, add seasoning and, if liked, chopped chives for flavouring. Mash up well with a fork. Use as a sandwich spread.

Potatoes
There is no vegetable more useful than the homely potato. Potatoes are a cheap source of energy, and they are one of the foods that help to protect us from illness. They contain the same vitamin as oranges and ¾ lb of potatoes daily will give over half the amount of this vitamin needed to prevent fatigue and help fight infection.

Potatoes save Shipping.
Potatoes, which are home-grown, give us the same kind of energy-food as cereals, which are imported. Eat them in place of bread and other cereals wherever possible, and you help to save shipping space.

So don’t think of potatoes merely as something to serve with the meat. They can be much more than that. A stuffed, baked potato can be a course in itself. Potatoes can be used, too, for soups, bread-rolls, pastry, puddings and even cakes, as the following recipes show.
HINTS ON COOKING POTATOES
Always cook them in their skins.
If you must peel them, peel thinly
After peeling, cook at once. Avoid soaking in water if possible.

Boiled Potatoes
Scrub the potatoes and put into boiling salted water using just enough water to cover. Cook with the lid on. Boil rapidly but do not let the potatoes break up and become ‘mushy’; When tender (this should be after 10-15 minutes cooking) drain carefully. Shake the potatoes gently in the saucepan over a low heat for a minute or two. This dries the potatoes and leaves them deliciously floury.

Baked Potatoes
Scrub the potatoes and prick them. Place in a hot oven and bake until tender. This method can be used when cooking the rest of the dinner in the oven, so saving the ‘top heat’.

Mashed Potatoes
Cook the potatoes by roasting or boiling, remove from the skins and beat well with a little hot milk or margarine, if these can be spared. Add salt and fresh coarsely chopped parsley just before serving. Serve potatoes immediately as keeping them hot destroys some of their protective qualities. Use potato water for making soups and gravies.

Potatoes left after a meal should be kept in a cool place and used for making pastry, pancakes, scones, potato salad or for thickening soups.

Potato Soup
1½ lb potatoes.
1 stick celery, a few spring onions, or a little leek.
2 tablespoonfuls chopped parsley.
1¾ pints of vegetable water or water.
1 teacup of milk or household milk.
Seasoning.

Method-Scrub and slice the potatoes and celery. Place in boiling salted water. Cook with the lid on until quite soft. Rub through a sieve or mash well with a wooden spoon. Add milk and re-heat, but do not re-boil. Sprinkle in coarsely chopped parsley just before serving.
Stuffed Potatoes
Bake the potato whole without removing the skin. Cut a slice from the top. Take out the centre and mix with one of the following fillings. Pile back into the potato case and reheat for a minute or two under the grill or in the oven.

Fillings
Finely flaked fish or minced meat moistened with sauce or gravy.
A little yeast or vegetable extract and chopped parsley.
Finely chopped left over vegetables.
Grated cheese and a little milk.
Sausage meat.

Potato Salad
Boil 1 lb potatoes in their skins (extra can be done at dinner time). Peel and cut into dice. Add a little chopped onion. Bind together with salad dressing. Sprinkle with chopped parsley and serve with watercress and shredded cabbage.

Potato Milk Pudding
10 oz shredded potato.
1 oz flour.
1 pint milk or milk and water.
1 oz sugar or 1–2 tablespoonfuls jam.
Nutmeg.

Method—Mix the flour and milk and boil. Shred the potato, but do not let it stand or it will go brown, and cover at once with milk and flour. Place in a pie dish, add the sugar or jam and stir. Sprinkle with grated nutmeg. Bake for 1½ – 2 hours.

Potato Scones
6 oz flour.
4 oz mashed potato.
1 teaspoonful baking powder.
½ teaspoonful salt.
1 oz fat.
4-5 tablespoonfuls milk.

Method—Mix the flour and salt. Add the baking powder and work into the mashed potato. Rub in the fat. Blend to a soft dough with milk. Roll out to ¼ inch thickness. Cut into rounds. Brush the tops with milk. Bake on greased baking sheets for 15 minutes in a hot oven. For a sweet scone add 1 oz sugar.
Potato Pastry (for savoury dishes)
8 oz mashed potatoes.
4 oz flour.
1 oz cooking fat.
½ teaspoonful salt.

Method—Mix the flour with the salt. Rub in the fat and work into the potato. Mix to a very dry dough with a small quantity of cold water. Knead with the fingers and roll out.

Potato Pastry (for sweet dishes).
8 oz flour.
4 oz mashed potato.
2 oz fat.
½ teaspoonful salt.

Method—Mix the flour and the salt. Cream the fat and the potato, add the flour, and a little water if necessary, to form a rather stiff dough.

Potato Sandwich Spreads
Savoury
Any of the fillings given for stuffing potatoes, mixed with a little mashed potato can be used for savoury sandwiches.

Sweet Potato chocolate spread
2 tablespoonfuls mashed potato.
1 tablespoonful cocoa.
1 tablespoonful sugar.
Almond or vanilla flavouring.

Method; Mash the potato thoroughly, mix in the cocoa, sugar and flavouring. Use as a spread in place of jam.

Note:
As sugar, fats, jams and preserves are rationed, energy-giving foods available are limited. Therefore if we are to keep up our weight and health the unrationed foods, potatoes and bread, must be eaten in larger quantities. Potatoes come first because they are home grown.