

MENU 1

MENU 2

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| Breakfast (8 a.m.): | Porridge Fried chops Bread, butter, marmalade Tea | Stewed fruit or porridge Bacon and scrambled eggs Heated left-over vegetables Bread, butter, honey Tea |
| Morning tea (10.15 a.m.): | Sandwiches Drop scones Tea | Bread, butter Scones Tea |
| Lunch (12.30 p.m.): | Cold double-crust meat pie Buttered bread Tomatoes, cucumber Biscuits Tea | Aberdeen sausage Tomatoes, lettuce, cheese Bread, butter, jam Tea |
| Afternoon tea (3 p.m.): | Sandwiches Cold meat pie (if any) Drop scones Biscuits Tea | Sandwiches Scones Sponge cake (if no biscuits remain from Menu 1) Tea |
| Dinner (6.30 p.m.): | Mutton stew Potatoes, carrots, parsnips Cabbage Fruit pie Tea | Roast mutton Potatoes, onions, cauliflower Steamed pudding Tea |



A laundry basket is a convenient carrier in which to transport a meal to the field.

OUTLINE OF TIMETABLE FOR THREE DAYS

DAY BEFORE

- Prepare and cook meat for the pie.
- Prepare and cook Aberdeen sausage.
- Make the meat and fruit pies.
- Put on the mutton stew to cook.
- After the stew has cooked stand it aside to cool.
- Make the porridge. Cut and trim the chops.
- Mix the dry ingredients for the drop scones.
- Prepare the cold drinks for the field.

MENU 1 DAY

- Heat the porridge. Cook the chops in the baking dish in the oven. Fill the top of the stove with kettles for hot water. Make beds and do any essential jobs while the breakfast is cooking. Make the gravy and serve the breakfast.
- Mix the drop-scone batter and start baking the scones. Have own breakfast. Wash up.
- After the drop scones are cooked put in biscuits or small cakes to cook. Cut sandwiches and butter bread for lunch. Fill the sandwiches with cheese, egg, and pickle. Butter the scones. Sweep the kitchen. Make tea and take it out to the men. Have own morning tea.
- Wipe the tomatoes. Peel the cucumber, cut it into thin slices, and wrap it in waxed paper. Cut the meat pie into large pieces. Wash up. Pack the biscuits, sandwiches, and scones in tins or shoe boxes. Make tea and take it out to the men. Have own lunch at the house and rest for ½ hour.
- Cut more sandwiches if necessary and butter scones. Pack the food. Make the tea and carry it out.
- Have own afternoon tea. Wash up. Prepare vegetables and do any other essential household tasks.
- At 5.30 put on the potatoes and the carrots and parsnips in one pot. Skim the stew, reheat it, and thicken it. At 6 o'clock put on the chopped cabbage and put the fruit pies in the oven to heat through. Take care not to scorch the pies; put an extra slide or a folded newspaper across the top if necessary.
- Mix the porridge. Serve the dinner.
- Put the porridge and fruit to be stewed on to cook while dinner is being eaten. Make tea. Wash up.

MENU 2 DAY

- Heat the porridge. Put the bacon in the oven to cook. Heat the kettles. Heat left-over vegetables in the bottom of the oven. Prepare the scrambled eggs and put them on to cook at the side of the stove or on a slow element ¼ hour before breakfast. Make the beds. Serve the breakfast.
- Have own breakfast. Wash up.
- Mix and bake the scones. If necessary, mix the sponge and bake it. Cut bread and butter for morning tea and lunch. Sweep the kitchen. Butter the scones. Make tea and carry it out. Have own morning tea.
- Cut the Aberdeen sausage into pieces. Wipe the tomatoes, wash the lettuce, and cut the cheese into pieces. Pack the food and place a pot of jam and a knife in the basket. Make the tea and carry out the lunch. Have own lunch at house and rest for ½ hour.
- Cut the sandwiches for afternoon tea. At 2.30 put the mutton on to roast. Prepare the dry ingredients for the steamed pudding. Butter scones and cut the cake. Wash up.
- Reduce the heat under the mutton, or place a cold slide in the oven if using a fuel range. Make tea and take the afternoon tea out to the men.
- Mix the steamed pudding and start it cooking between 3.30 and 4 p.m. Have own afternoon tea. Do any essential household jobs. Prepare the potatoes and onions and put them in with the meat at 5.30. Prepare the cauliflower and put it on to cook at 5.45. At 6.15 make the gravy, using the cauliflower water. Serve the dinner. Make tea. Wash up.

Varying the Timetable

The timetable given is elastic and may be adapted to varying conditions and sizes and ages of families. Should there be children of school age, they may make a difference to the early-morning schedule because of the necessity to cut lunches, but this is compensated for by the fact that before going to school they can do some of the essential household tasks, such as making beds, sweeping, table setting, and peeling potatoes. In the evening food can help with the washing up.

If there is a young baby in the family, the housewife can make time to attend to his needs by eliminating baking during the two days. She can serve biscuits such as crackers instead of scones, and a block of bought fruit

cake can be a useful standby. Eliminating the baking does not make the two days easy for the housewife, but it does make them less hard.

Tins may be filled with biscuits, cornies, date rolls, fruit squares, and shortbread during the previous week. These foods keep well and the work of making them can be spread over several days.

When Milking Intervenes

For the housewife who milks cows daily these two days are strenuous, as the morning milking interferes with the breakfast preparation and the evening milking with the dinner preparation. However, if she serves foods which require steady, slow cooking, such as mince, smoked fish, or stewed

sausages, they can be put on to cook over gentle heat while she is out of the house. Possibly she will not be expected to provide breakfast or dinner.

If the housewife has to take out the food for the outdoor meals, she can send the milk, sugar, and cool drinks out with the men first thing in the morning.

Packing the Food

A laundry basket is probably the easiest thing in which to pack and carry the food, as the tea can also be packed in it. The tea is best kept hot by being poured into a billy with a lid and the billy wrapped in several thicknesses of newspaper, in sacking, or in an old blanket.