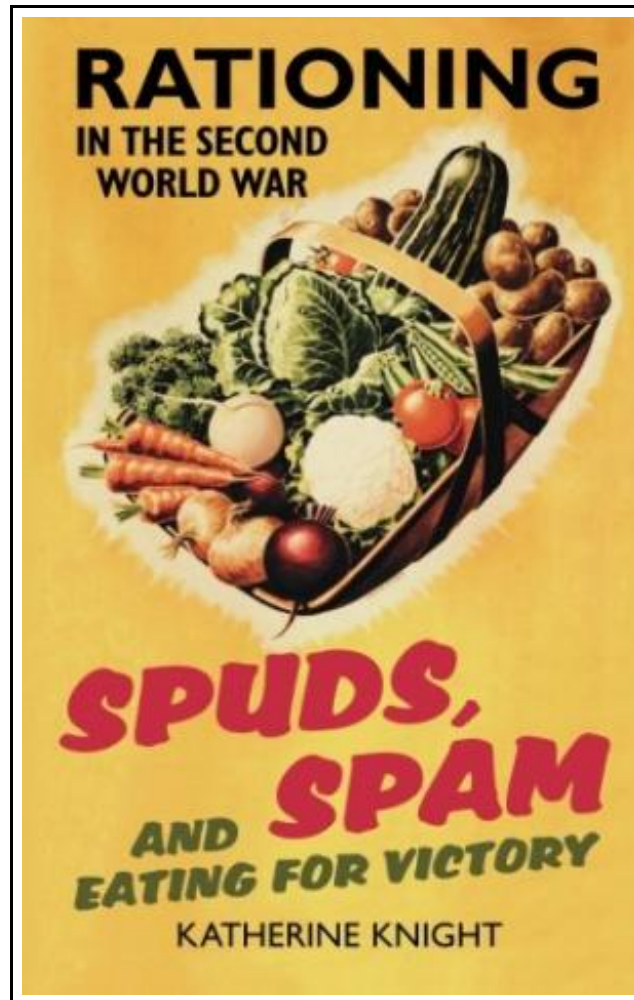


## Spuds, Spam and Eating for Victory: Rationing in the Second World War



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The History Press Ltd. Paperback. Book Condition: new. BRAND NEW, Spuds, Spam and Eating for Victory: Rationing in the Second World War, Katherine Knight, The battle to keep the nation fed during the Second World War was waged by an army of workers on the land and the resourcefulness of the housewives on the Kitchen Front. The rationing of food, clothing and other substances played a big part in making sure that everyone had a fair share of whatever was available. In this fascinating book, Katherine Knight looks at how experiences of rationing varied between rich and poor, town and country, and how ingenious cooks often made a meal from poor ingredients. Charting the development of the rationing programme throughout the war and afterwards, Spuds, Spam and Eating for Victory documents the use of substitutions for luxury ingredients not available, resulting in delicacies such as carrot jam and oatmeal sausages. The introduction of Spam from America in the forties led to this canned spiced pork and ham becoming an iconic symbol of the worst period of shortage in the twentieth century. Seventy years after the outbreak of the Second World War, this book listens to some of the people who were young during the conflict share their memories, both sad and funny, of what it was like to eat for Victory.



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