



HELM



Heritage of East Lake Macquarie

OCTOBER 2018

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WASTE NOT; WANT NOT

“**SHUT YOUR EYES** and think of war-time Australia for a moment. Think of ships unloading guns and planes and tanks instead of peace-time clothing... hundreds of thousands of men and women making munitions instead of luxury goods; textile workers speeding up production of military clothing to meet Service requirements; dwindling supplies of clothing in retail stores.

Do you get the picture? On one hand...millions of people - industrial workers, office workers, housewives, children - all with the same needs as in peacetime; on the other hand...a serious shortage of supplies.

WAR BROUGHT THIS POSITION TO AUSTRALIA. We met it by introducing rationing - a scheme carefully planned to ensure that we all get a fair share of available supplies - that no one section goes without while others get more than they need. Of course rationing cannot **INCREASE** supplies. All it can do is to see that hardships brought about by war are shared by all. **IT SEES THAT EVERYONE’S MINIMUM NEEDS ARE SUPPLIED.** Maybe your coupons don’t go as far as you thought they would. Maybe you’re wondering just how you’re going to get over the rationing year. Well, this is where **WE CAN HELP YOU.** We can’t get your coupons back, but we can help you to help yourselves and the nation at the same time.” *Commonwealth Rationing Commission*

Rationing was imposed on many goods. Clothing; food (meat, butter, eggs, cheese, bacon, tea, sugar); shoes; petrol; tobacco; beer. Shortages extended to most things. While money was not as desperately short as it had been in the Depression; now it was supplies. One Swansea resident remembers having to wait for a friend to sell his car, for him to be the lucky one to buy it at 120 pounds, (wage 8 pounds/week) by being in the know; and crossing his fingers that it would not break down; as spare parts weren’t available either.

1942 WOMEN’S LAND ARMY FORMED (AWLA). As many men were now in the armed services or working in war industries, a shortage developed in the agricultural sector. The “Land Girls” took over jobs such as growing fruit and veg; pig and poultry farming; dairying; sheep and wool work. Aged between 18 and 50, they were paid a minimum of 30 shillings (\$3) + keep or 50 shillings (\$5) a week; for a 48 hour week by the farmers.



We are now on FACEBOOK!

Check us out:

HELM (Heritage of East Lake Macquarie)

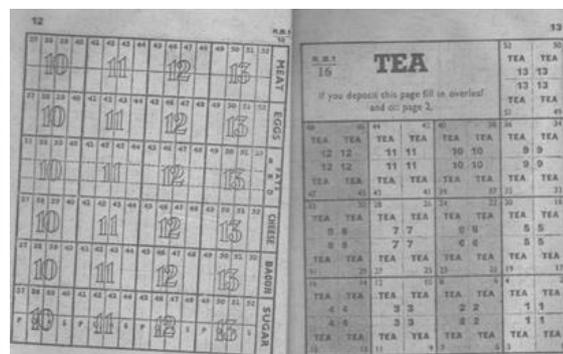
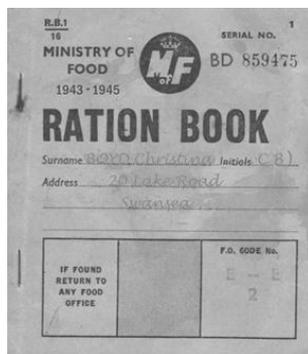
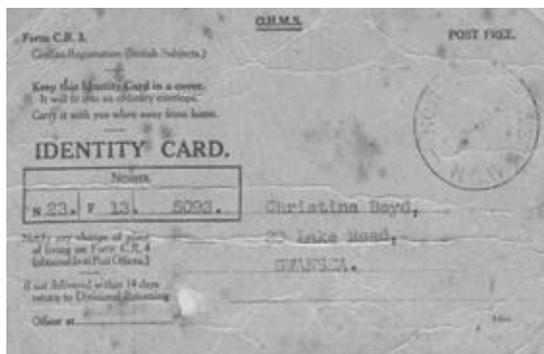


- War Shortages 1
- Food rationing 2
- Petrol rationing 3
- Clothing 4



Kindly supporting the community – including Caves Beach Surf Life Saving Club; this edition of HELM newsletter.

4972 1066 - NOW AT SWANSEA!
SWANSEA PLAZA ARCADE
Near Coles and Blondies.



Every adult was issued with an identity card (with witnessed signature; and listing dependents entitled to rations). It had to be carried with you every time you left home. Ration books and stamps for food essentials: meat, eggs, fats, cheese, bacon, tea and sugar were issued. *George and Noelene Boyd*

ITEM	GAZETTED	ABOLISHED	QUANTITY PER ADULT	COUPONS
Clothing	1 June, 1942	24 June, 1948	112 coupons per year	Men's suit 42 coupons
Tea	3 July, 1942	July, 1950	½ lb (230g) per 5 weeks	4 Coupons
Sugar	29 August, 1942	3 July, 1947	2 lb (0.91 kg) per fortnight	1 Coupon
Butter	7 June, 1943	June, 1950	1 lb (450g) per fortnight	1 Coupon
Meat	14 January, 1944	24 June, 1948	2 ¼ lbs (1kg) per week	1 Coupon

Above: Initial quantities. Many items were adjusted and rations later reduced. *C'wealth Rationing Commission*
 The coupons had to last for a fixed period of time, so purchases had to be carefully planned and spread out. Often there were shortages in the shops, even products that weren't rationed. Sometimes you had to queue, especially for rationed goods. In the shop, an assistant weighed your purchases and packaged them after checking that ration allowances had not been exceeded, and collected the coupons. If they weighed above a certain amount a boy on a bicycle would deliver them for you. Beefless days were introduced in 1942 – twice a week no-one could eat, buy or sell any products containing beef. (Fridays became a convenient beefless day as many people were Catholic.) Fish, sausages, chicken, ham and rabbits were not rationed. Offal – brains, tripe, liver and kidneys were easier to come by and were a big part of the wartime diet.

Newspapers and magazines published austerity recipes to help cooks with meat rationing; while still trying to maintain the desired daily protein and mineral intakes, and being filling. Green leafy vegetables were important for vitamins. Recipes aimed to be appetising as well as providing meat substitutes. Some menu suggestions were: tomato and bean pies; spinach and egg casserole; cheeseburgers; casserole of creamed corn. Hand mincers were popular. Left over meat could be minced and mixed with stale bread and vegetables to make shepherds pies. Spices, however, were in very short supply. The PM's wife, Elsie Curtin, shared recipes and ideas. Many residents had large backyards and were encouraged to grow vegetables and raise chooks for eggs. Those with very big blocks were encouraged to have their own cow so that they could supply their own butter, cream and milk. You could stretch your butter ration by adding gelatine and water; or by substituting dripping. The weekly quota of 170g had to be used for cooking, baking and frying. No margarine was available.



- by making Cheese Spread, Cheese and Bonox spread; Cheese and Worcestershire spread; and using them like butter on sandwiches.
 Grate 4 ounces Kraft Cheese into a saucepan with 1 tablespoon milk + salt and pepper. Heat and stir. Slowly stir in another 3 tablespoons milk until smooth and thick. *Women's Weekly, May 1945*

1942 BEER RATIONING

Limits were imposed on beer production to conserve grain supplies. Pubs were supplied on a quota basis; - no pint glasses; schooners limited, except in the peak hours before the 6pm closing. There were objections in the Newcastle area, where workers often knocked off before 4pm. These restrictions led to an increase in home brewing, (which was illegal at that time); profiteering and black marketing. *Australian Food History Timeline*

C.O.B. 3n. ORIGINAL. COMMONWEALTH OF AUSTRALIA. Licence No **ML 15763**
 1140 BELMONT. National Security (Liquid Fuel) Regulations.

MOTOR SPIRIT CONSUMER'S LICENCE—State of New South Wales.

WATERCRAFT USED FOR PRIVATE PURPOSES ONLY.

Name of Licensee: **MR. WILLIAM DAVID HARMAN**
 Address: **23 GEORGE STREET BELMONT.**

An endorsement to signify that ration tickets as hereunder have been issued to the holder of this licence must be entered each month on the back hereof by the authority issuing the tickets.

Name of Boat (if any).	Place of Mooring.	CLASS	Monthly Ration (Units).	PRIORITY
	BELMONT	21 B	2. TWO (2)	12

The person named herein, and whose signature appears below, being the owner of the watercraft described in the application for this licence, is hereby authorised to obtain, subject to the provisions of the National Security (Liquid Fuel) Regulations, and any Order made thereunder, ration tickets sufficient to enable him to purchase from any person holding a motor spirit retailer's licence, the number of gallons of motor spirit set out herein, and to use such motor spirit in the watercraft referred to.

Signature of Licensee: *W. Harman*

This licence shall remain in force until revoked or cancelled and must be produced or returned to the State Liquid Fuel Control Board, Keble Building, 58 Margaret Street, Sydney (Box 4030 VV, G.P.O., Sydney), or to a Police Station in the State of New South Wales, within seven days after—
 (a) the posting or publication in the Commonwealth Gazette or in a daily newspaper circulating in the town or place where the holder resides, or in his place of business, of a notice requiring the production or return of the licence;
 (b) any change in the holder's address.
 The licence must be returned forthwith for cancellation in the event of the disposal of the watercraft in respect of which it is issued.

Checked by: **EC FOR HV.** Date: _____
 G. N. NEALE, Chairman, Liquid Fuel Control Board, N.S.W., 58 Margaret Street (Box 4030 VV), G.P.O., Sydney.

OB. 30. ATTACHMENT. PARTICULARS OF RATION TICKETS

Month	Year	Month	Year	Month	Year
Nov.	1949.	Dec.	1949.	Jan.	1950.
Feb.	1950.	Jan.	1950.	Feb.	1950.
Mar.	1950.	June	1950.	July	1950.
Apr.	1950.	Nov.	1950.	Dec.	1950.
May	1950.	Jan.	1951.	Feb.	1951.
June	1951.	June	1951.	July	1951.
July	1951.	Nov.	1951.	Dec.	1951.
Aug.	1951.	Jan.	1952.	Feb.	1952.

To be gummed to Motor Spirit Consumer's Licence Form when licence has been completed.



PETROL consumers licence; log of ration tickets issued gummed to the back; ration ticket. *K. Harman Collection*

After a lot of debate whether to have fuel rations, how much and how to implement, rationing began in 1941. Tanker supplies coming to Australia were becoming increasingly difficult and uncertain. Australia was fully dependent on imported fuel; and did not have much storage capacity – only about 3 months. There was great pressure from Britain to limit fuel consumption. As people found out about the impending rationing many hoarded as much as they could in all sorts of containers – even paint tins. A complicated system with huge amounts of paperwork was put in place. Registration was organised through local police stations. Over 1 million people applied for petrol licences, which had to be processed and then returned. Ration tickets came in varying denominations – 1, 2, 5, 10, 44, 100 gallons; depending on needs (commercial vehicles being granted more). They were issued bi-monthly in different colours and designs to discourage counterfeiters. At its peak, private motorists were issued with enough petrol to drive about 20 miles a week. Many just put their cars up on blocks.

ALTERNATIVES

Overhead **gas bag cars**. Some people had cumbersome and expensive frames fitted, with a large rubber bag on top of their cars. Unlike the LPG used today, the bags were filled with low pressure town gas. A full bag would enable you to travel about 50 miles (80km). So you could not travel far from gas works, such as the Newcastle Gas and Coke works at Hamilton North. You could easily tell when you needed to fill up as the bag deflated; but refilling was very slow because the gas was low pressure.



Some fitted **gas producers** weighing half a ton.- inconvenient, cumbersome, inefficient and dangerous. A large hopper was filled with charcoal. You'd put in some kerosene in the bottom with a burning rag on a piece of wire as a firelighter and start the engine with petrol to get a draft. When the fire got going there was a tap on the dashboard which would switch the car from petrol to gas (mainly carbon monoxide), which would then take over. This process took some 12 -15 minutes. They came with instructions: **DANGER**. Do not inhale gas. Do not light fire, nor leave alight in closed garage. Throw lighted match into generator before refuelling or tending fire from above – do this in open air. Flame traps must be in place. Never fill petrol tank whilst fire alight and vehicle garaged. Extinguish all ashes removed from gas producer. Do not leave ashes at roadside - (Bushfire hazard).



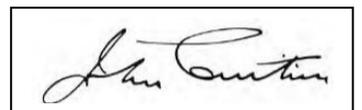
Sources:
 RACV;
 AWM;
 NSW State Archives



Whilst they may have had enough money to buy clothes; amounts were limited to 112 coupons for each adult, each year: man's hat = 6; pair of socks = 4; ladies dressing gown = 15; coat = 27; frock = 13; ladies suit = 29; men's overcoat = 40. Women were encouraged to ransack drawers and cupboards for outdated, discarded, disused clothing; unpick seams and re-cut to make new garments out of old. The austerity style was simple and well-cut. However, patience and ingenuity were required. Over coats could be transformed into jackets, trousers, skirts, dressing gowns; lining could make aprons. Evening dresses could become underwear, suits, blouses, sunsuits, tablemats. Two worn frocks could become a two tone item. 2 items could become 4. Grandma's linen petticoat could be turned into bloomers or girls dresses, with lace to spare. Care had to be taken to avoid worn and torn sections. Existing seams were incorporated if possible as they were stronger than resewn ones. Shirt collars were turned; sheets with rips or worn patches were cut, then re-sewn with damaged sections to outside edges.



Everyone was encouraged to patch and mend, darn and sew. The Prime Minister, John Curtin, declared: "THE DARNING NEEDLE IS THE WEAPON OF WAR". You must make the Domestic Front Australia's Second Front! You can save vast quantities of material and manpower by plying the needle and thread at home. Let your watchword be: "Everything for the War!"



Commonwealth Rationing Commission, 1943.

Then there were the handy hints on how to wash, dry and hang up woollens; brush and air clothes; wash and dry stockings; and empty pockets when putting away – all to prolong the life of your clothes.



- Cut off worn pullover cuffs; then replace with the tops of a pair of socks.
- Alternate the wearing of clothes.
- Patches mark the patriot (cover rips, holes, worn areas.).
- Make new gloves from 2 sets of old ones.
- Lengthen children's pyjamas – knit or crochet extensions.

Disclaimer

: Whilst every effort is made to ensure the accuracy of the information in this newsletter, however, the accuracy of statements or opinions expressed in articles cannot be guaranteed.

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HELM IS PRODUCED INDEPENDENTLY FROM THE EAST LAKE MACQUARIE HISTORICAL SOCIETY.

WE WOULD LOVE TO HEAR MORE OF YOUR HERITAGE STORIES!!!