

The points system allowed 16 points per person per month and foods varied as to whether they were "on" or "off" points. Dried fruit, canned foods, pulses, biscuits were the sort of foods rationed by points.

Some people kept ducks. The Wilsons at Studfold had the only turkey, and the Greenwoods at Studfold kept rabbits. Alan Carr set snares for rabbits on Penyghent and Reg Trusler sometimes went with him to empty them. This was a daily task and they collected about 100 at a time. Of course they walked up there, and walked back with the rabbits slung over their shoulders to distribute the weight. A Mr. Ashworth came over from Nelson to buy them.

Children who went to school in Settle stayed to school dinner. Dora Tattersall (Sarginson) remembers having lentil roast, cheese pie and Woolton pie. At Horton school children took their own sandwiches - later in the war dinners were provided.

Most households kept their own hens, which were fed on household scraps, locally grown corn that was not fit for making flour, and whatever they could pick up when ranging free in the daytime. On the farms, eggs were often used to pay the grocer's bills, so there was by no means an unlimited supply, but there were certainly more than the one per person per fortnight available to townspeople. In the summer, eggs were preserved in waterglass for use during the winter months.

Foods collected from the wild were always part of the Horton diet - blackberries, elderberries, rowan berries, sloes, mushrooms, rosehips, hazlenuts etc., and crab apples, which were made into mint jelly with wild mint from the back side.

Fruit such as apples, plums, damsons, etc., did not grow well, particularly at the northern end of the parish, but was usually obtained from relatives in more sheltered areas (e.g. Dent)

Dora Tattersall remembers taking sandwiches to the people haytimming at Newland house. These were made with Marmite and lettuce because there was nothing else to put in them.

Oatmeal, much recommended by the Ministry of Food, was already a staple food in Horton, regularly eaten as porridge at breakfast and used in making oatcakes biscuits etc. Some was grown locally.

Most people made their own bread. Later in the war, bread was rationed on Bread Units. The Wenhavon Bakery from Settle called once a week selling cakes, such as butterfly buns made with synthetic cream. The Sarginsons used to collect $\frac{1}{2}$ dozen of these each week for the Dinsdales at Newland House, who couldn't get down to the van. Flour was rationed, so Horton housewives were glad to supplement home made bread and cakes with bought ones.

Milk was collected in cans from local farms and there does not appear to have been any shortage.

Horton housewives registered for meat with "Butcher John" (John Heseltine). He was no longer allowed to slaughter meat himself and it had to be sent to a central abattoir. The meat ration was therefore the same as in towns. Items such as liver, heart, kidney etc., were unrationed officially but were usually carefully shared out by the butcher amongst his regular customers. The pork butcher in Settle market sometimes had unrationed items, such as polony, which had to be queued for.

Butter was strictly rationed and on the farms where it was made it was portioned up for selling to individuals or to grocers. The leftovers or "odds" were kept for the household - this might be about 2 lbs. per week for the family and resident workers.

Each household "registered" with a butcher and a grocer of their choice for basic rations. Points could be spent anywhere and theoretically unrationed items such as offal and fish could be bought anywhere. in practice, shopkeepers reserved these foods for their regular customers.

Exotic fruits, oranges, lemons, bananas, etc., were totally unobtainable in Horton, as elsewhere in the country, and children born during the war were quite grown up before they discovered what a banana tasted like!

Sweets were in short supply throughout the war. A firm called Brown Brothers from Lancashire supplied Miss Wain's shop. Dora Tattersall remembers their van arriving while the village children were playing in the beck. A great shout of "Brown Bros" went up and all the children rushed round to Miss Wain's. Before rationing was introduced she was always meticulous in ensuring that each child got a fair share.

The pig was a very important part of peoples' lives. Everyone who could possibly do so kept one (or two if they could find the food.) Farmers were allocated meal by the War Ag., and other people belonged to the pig club at Langcliffe, run by Jim Airey. Through the club they received a ration of meal - about 1 stone per month. Regulations regarding pig keeping and slaughtering were stringent.

Mrs. Ike Sarginson was responsible for distributing supplies of orange juice, cod liver oil, black-current puree and rosehip syrup that were allocated to mothers with young children. Supplies were sent up from the Ministry of Food in Settle. Her daughter remembers a crate of orange juice bursting in hot weather. If anyone didn't want their orange juice, Mrs. Sarginson used it to make orange jelly for village parties.

In Horton, peoples' diet did not change much as a result of the war. Everybody already grew their own vegetables - potatoes, carrots, turnips, beetroot, cabbage, onions etc. Every scrap of land was used in gardens, and the railway workers had magnificent allotments on the railway embankments.

Soft fruits such as rhubarb, raspberries, strawberries, black and red currants and gooseberries grew well. These were preserved for the winter, either as jam, or by bottling. Patent bottling jars did not arrive till fairly late on, and the traditional method was to cook the fruit, pour it into jars while boiling and pour a layer of melted fat on top. When the fat solidified it formed an airtight seal. The fruit kept very well.

Dried fruits were rationed on points and were in very short supply. They were usually kept for Christmas. Sometimes parcels were received from relatives in Australia, America, and Sam Sunter sent parcels to his wife Winnie and daughter Wendy from South Africa. Servicemen were only allowed to send a limited amount to each person, hence the two separate parcels.

The Ministry of Food published many leaflets giving housewives advice on how to make the best of their rations and how to use unusual ingredients. In Horton the women were already thrifty, good managers and had always made the most of available materials. Much of the advice given to people in urban areas was culled from experienced rural housewives.

Manufacturer's advertisements also included advice and recipes, and there was a "Kitchen Front" programme on the radio on which "Grandma Buggins" gave advice and recipes.

Be careful when you touch bread,
Let it lie not uncared, for unwanted,
Too often bread is taken for granted.
There is such beauty in bread,
Beauty of sun and soil,
Beauty of patient toil,
Wind and rain have caressed it,
Christ often blessed it.
Be gentle when you touch bread.

Corporal F.Young. W.A.A.F.

Information supplied by Dora
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