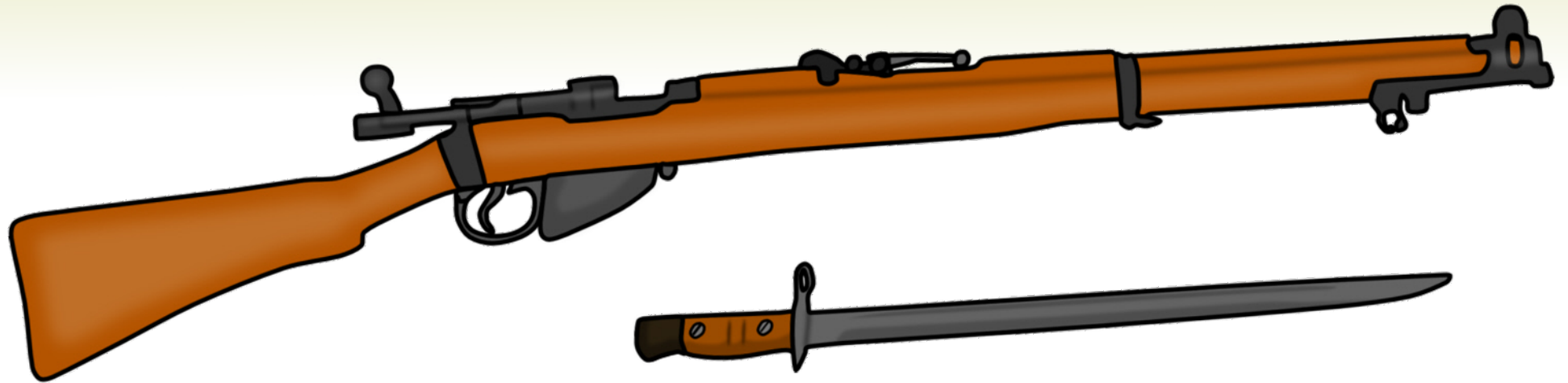
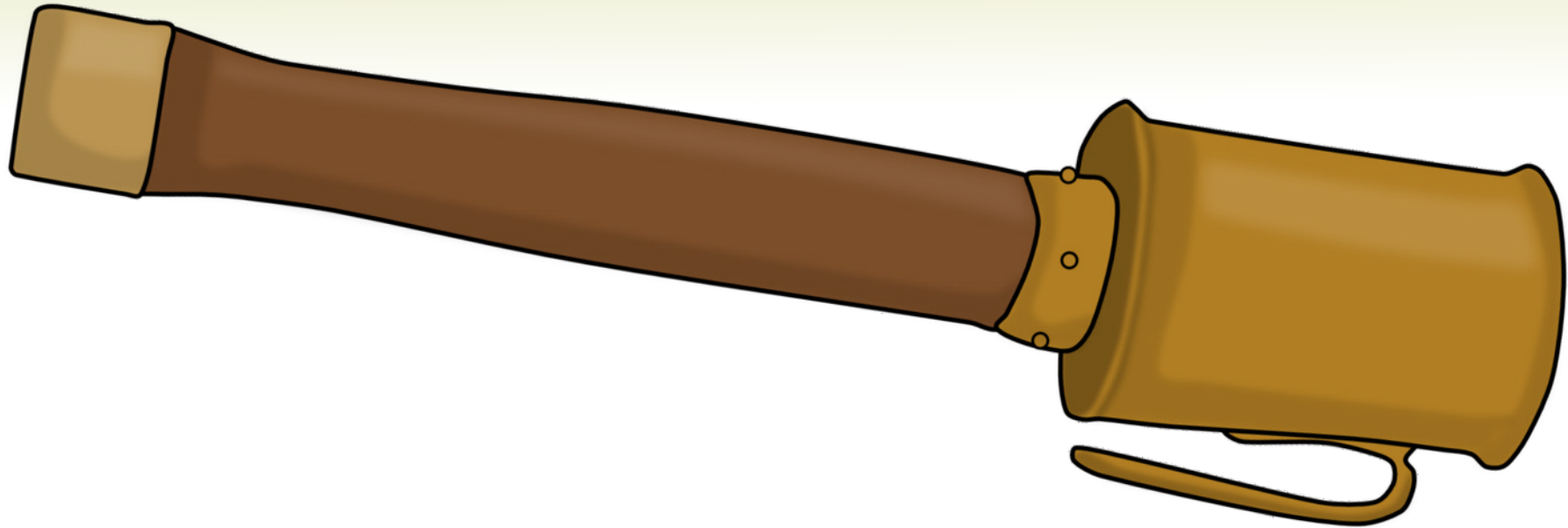


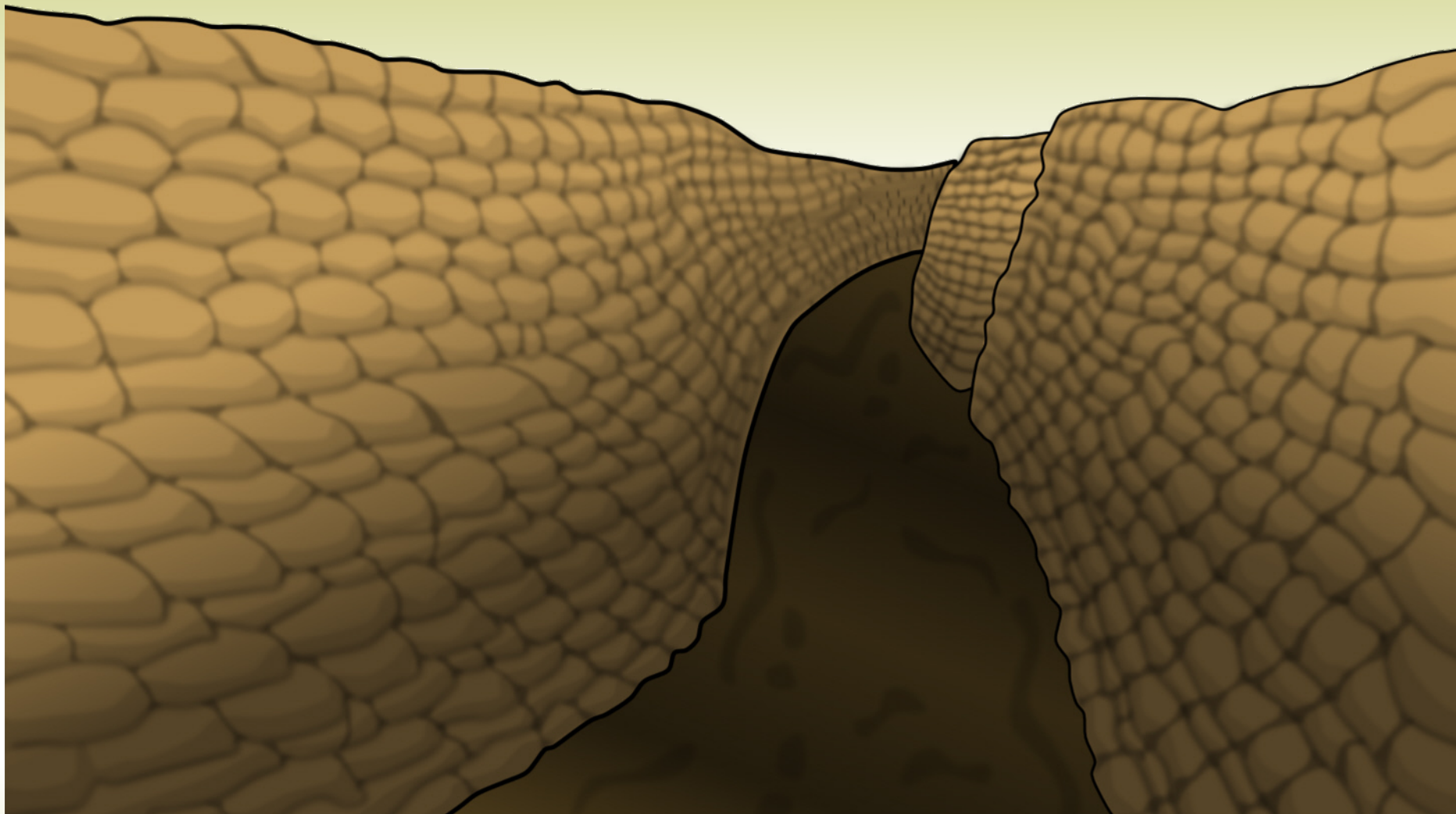
soldier



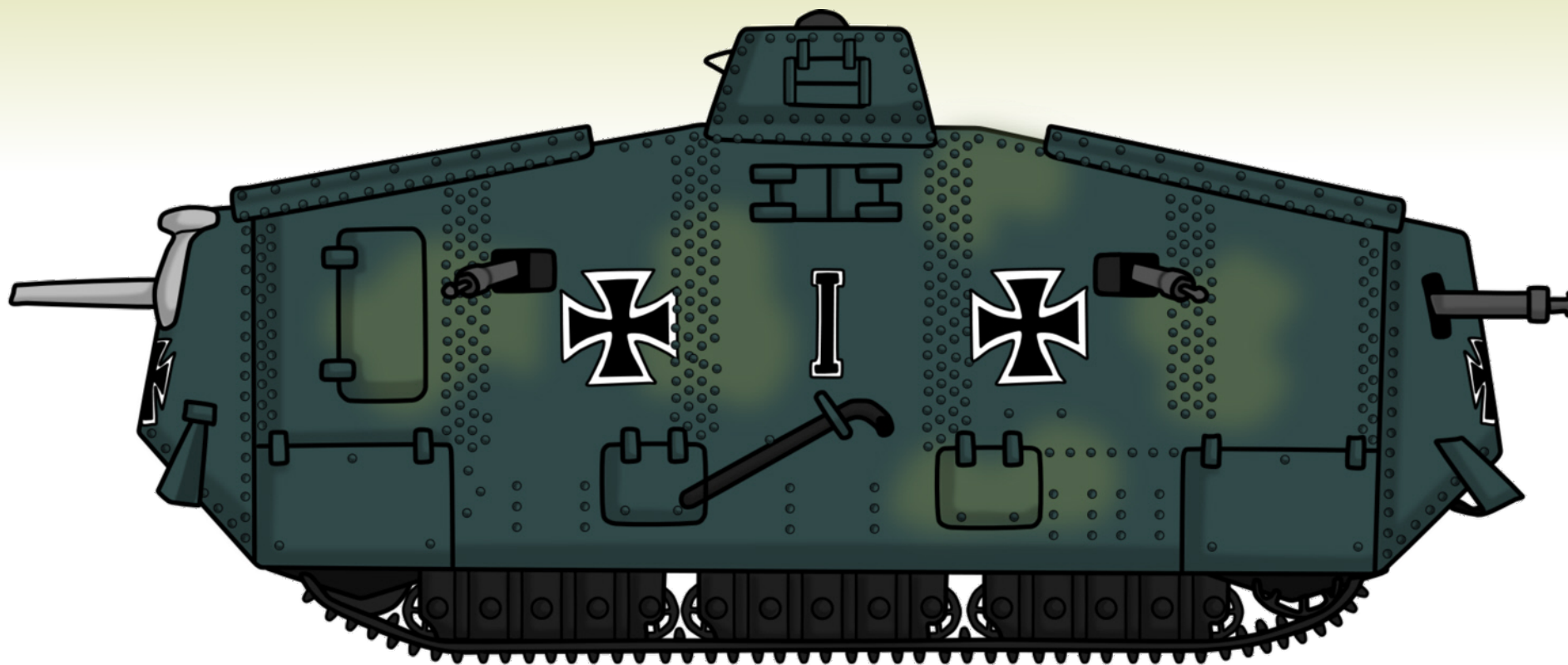
bayonet rifle



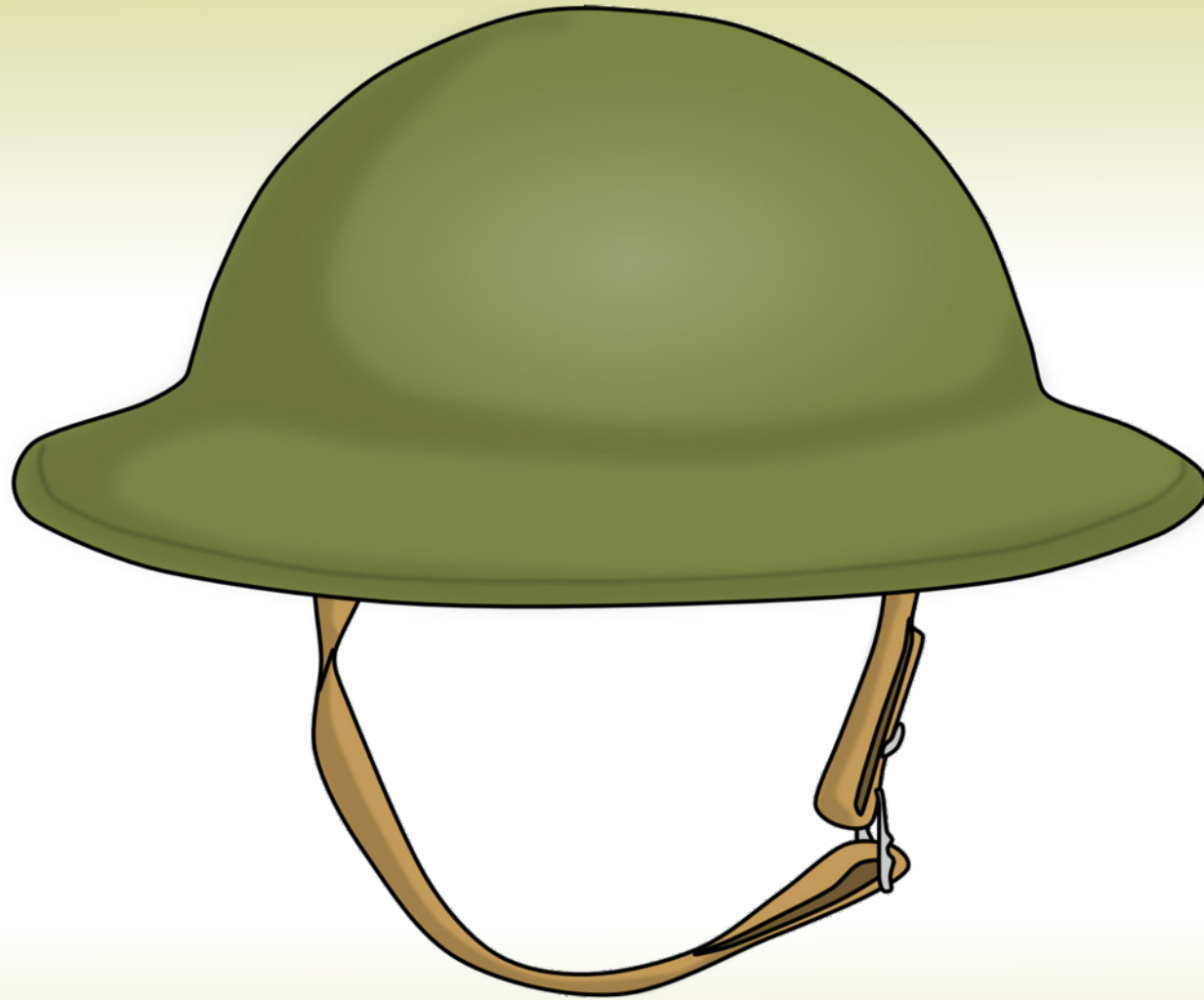
grenade



trench



tank



helmet

IF FOUND RETURN TO ANY FOOD OFFICE

MINISTRY OF FOOD
NATIONAL RATION BOOK

INSTRUCTIONS

Read carefully these instructions and the leaflet which will be sent you with this book



Food Office of Issue **LONDON** Date

Signature of Holder

Address

ration
card

ARE YOU HELPING THE GERMANS?

You are helping the Germans

**When you use a motor Car
for pleasure**

**When you buy extravagant
clothes**

**When you employ more
servants than you need**

**When you waste coal, electric
light or gas**

**When you eat and drink more
than is necessary to your
health and efficiency**

**SET THE RIGHT EXAMPLE, free
labour for more useful purposes, save
money and lend it to the nation and so**

HELP YOUR COUNTRY

DON'T

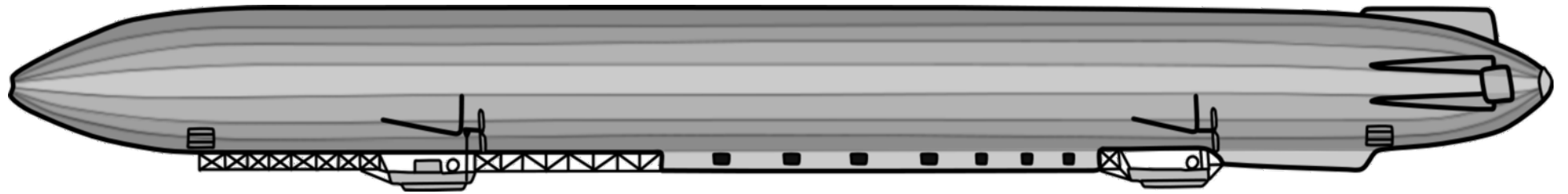
- 1. Don't use a motor car or
motorcycle for pleasure
purposes**
- 2. Don't buy new clothes
needlessly. Don't be ashamed
of wearing old clothes in
war time**
- 3. Don't keep more servants
than you really need**

In this way you will save money for the war, set the
right example and free labour for more useful purposes

**Your country will
appreciate your help**

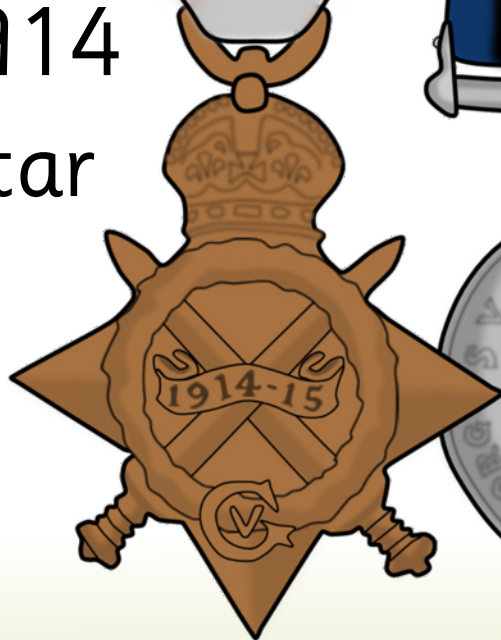


barbed wire



Zeppelin airship

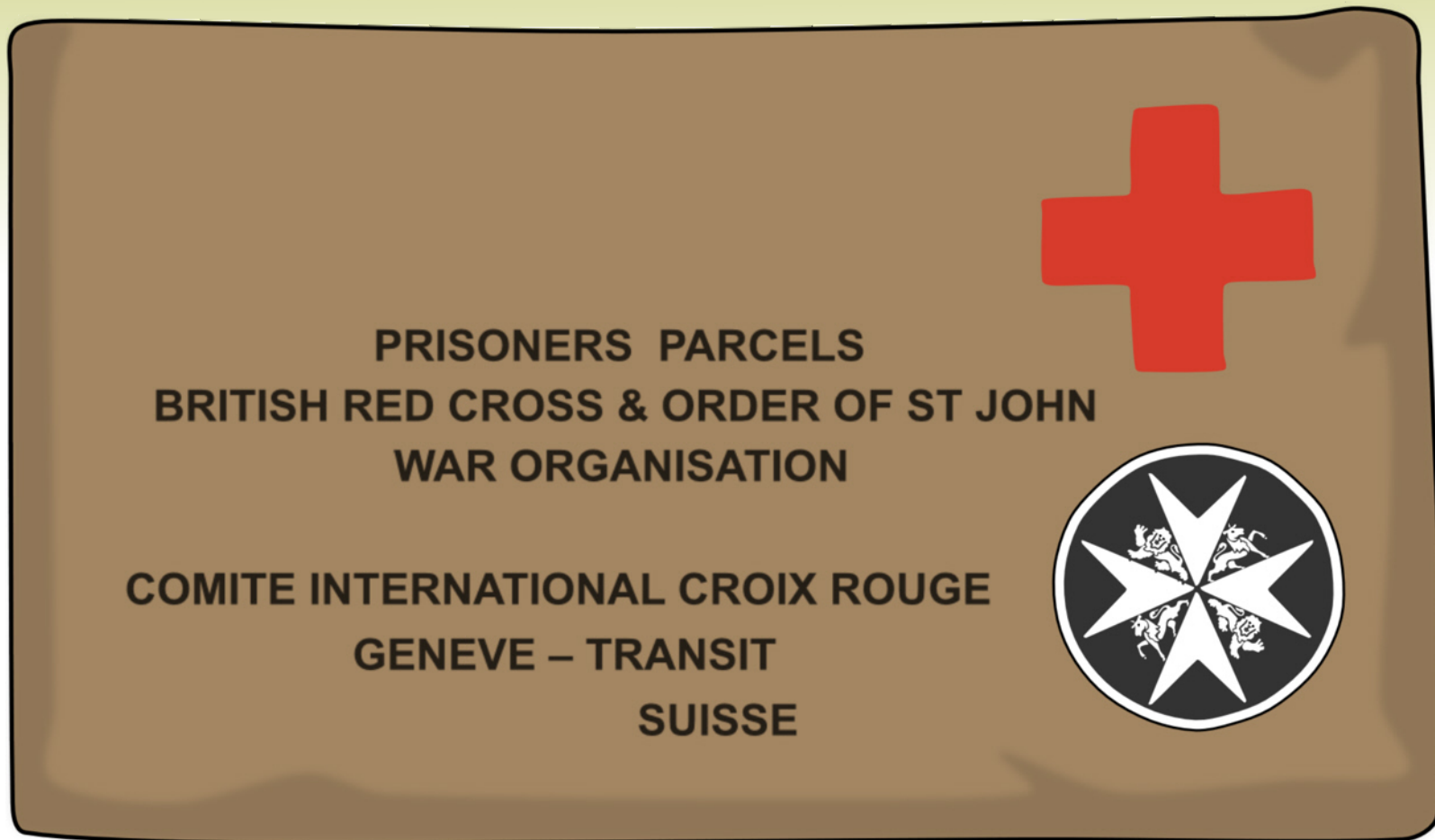
1914
Star



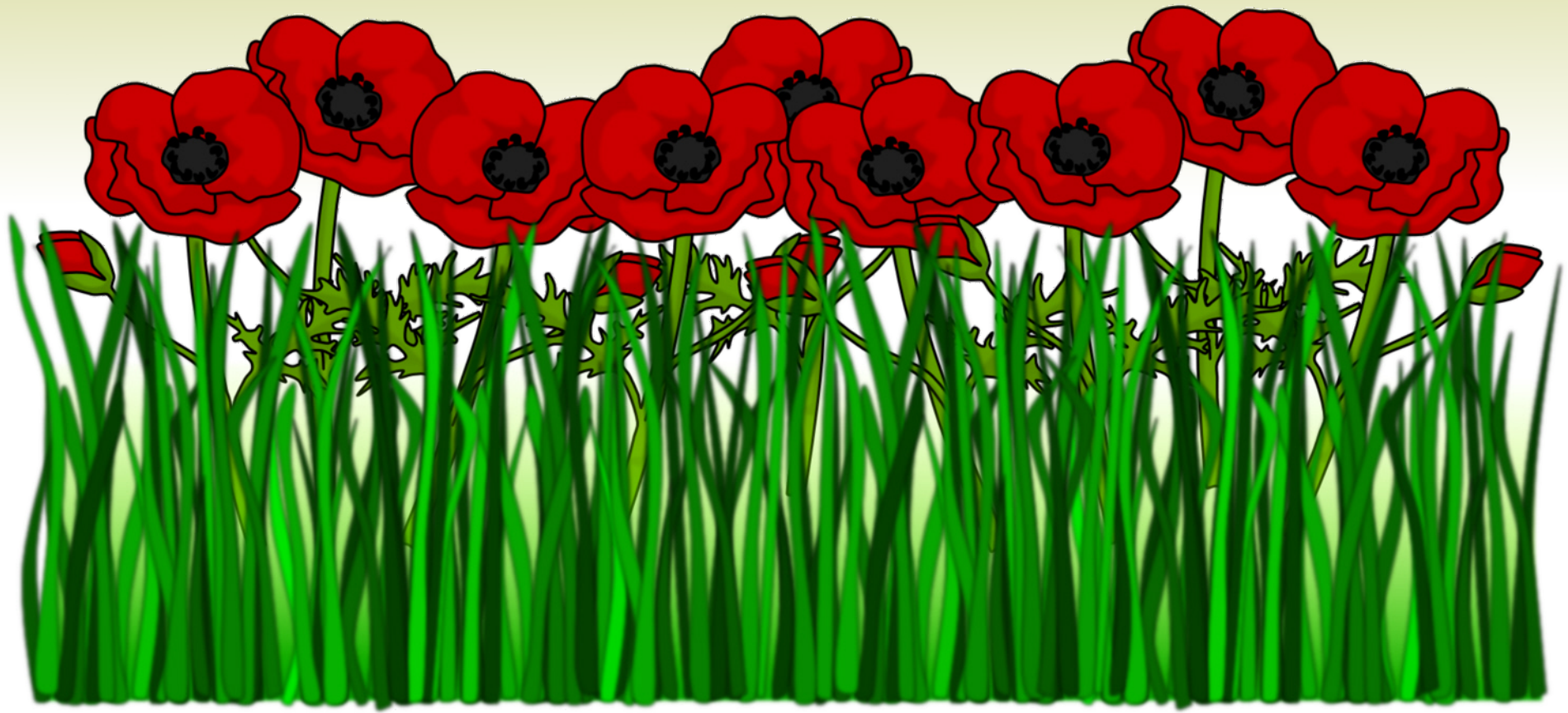
British
War Medal



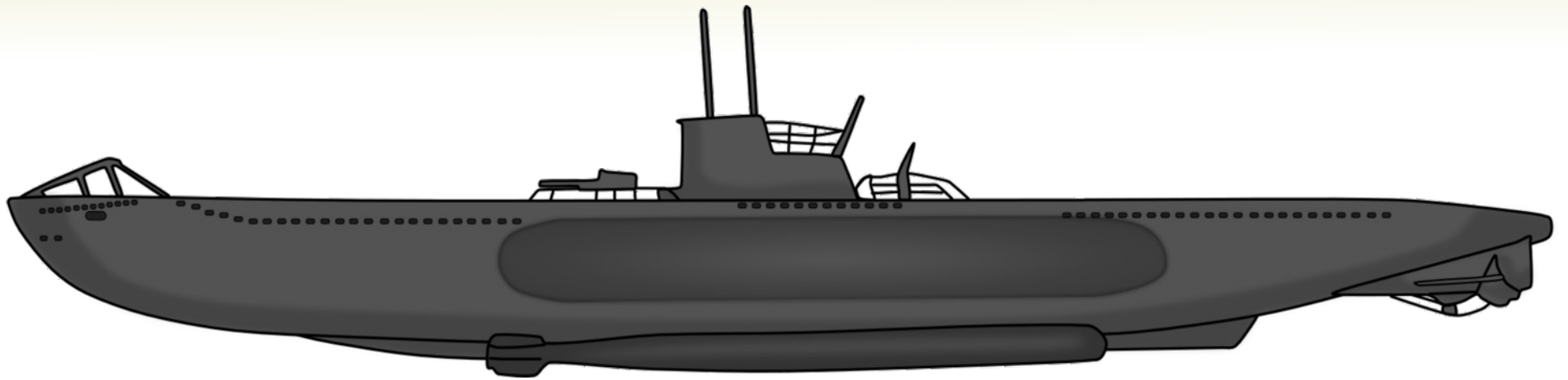
Victory
Medal



red cross package



poppies



U-boat