

Information for evacuee host families-2

THE MID-SUSSEX TIMES—TUESDAY, SEPTEMBER 5, 1939

THE GOVERNMENT'S EVACUATION SCHEME.

USEFUL INFORMATION FOR HOUSEHOLDERS AND RECEPTIONISTS.

Evacuated London school-children have arrived in Mid-Sussex, and the general desire will be to make them feel "at home" in the fullest sense of the term while parted from their parents. To assist in promoting this atmosphere the Women's Voluntary Services for Civil Defence have issued a helpful and informative leaflet for the guidance of householders having unaccompanied children, and for the benefit of our readers we print below the information as set out in the leaflet:

RESPONSIBILITY : You will be expected to control and care for the children as if they were your own. If any difficulty should arise consult your Local Authority, i.e., the Clerk to the local Council or whoever has been appointed to act for him in your town or village.

PAYMENT : You will receive 10s. 6d. a week for one child or 8s. 6d. a week for each child if you have more than one. This covers full board and lodging, but not clothes or medical expenses. A form given you by the billeting officer can be cashed at the local Post Office. Payment will be made weekly in advance.

BEDDING AND CLOTHES : If you need extra bedding, tell your Local Authority. The children have hand luggage with a change of clothes. When the clothes, boots or shoes need repairing or replacing, if the parents have not sent further supplies, you should report to the Local Authority.

ILLNESS : If any of the children billeted with you become ill send for the local doctor or district nurse in the ordinary way. They will have extra staff for this purpose, and you will not be expected to pay.

EDUCATION : Arrangements will be made for the children to continue their education, and in consequence the schools may have to work in shifts.

COMMUNAL MEALS : In many districts it may be possible to arrange for the children to have their mid-day meal at a communal centre. If the children in your charge have meals there you will have to pay a small sum out of the allowances you receive.

SIMPLE RULES FOR THE CARE OF CHILDREN : In order to keep a child healthy and happy the diet must be well balanced with plenty of variety. Children should be fed at regular hours, the heaviest meal being in the middle of the day, and the last meal should preferably be at least one hour before bed-time; three meals a day is generally considered best. If possible a child should have a pint of milk daily, a certain amount of which may be included in the cooking. Children should be given plenty of water to drink. Also fresh green vegetables, tomatoes and fruits (especially oranges) to eat whenever possible. They should not be allowed to take violent exercise or bathe immediately after a meal. Baths should be given as often as possible, but at least once a week; it would be better to have a tin basin of fresh water for each child than to allow them to share a bath. Each child's face flannel, towel, toothbrush, brush and comb and other personal belongings should be marked and kept separate. Bedroom windows should be kept open at night, and it should be remembered that young children need 11 hours' sleep. Make sure you

have some bandages and lint for minor accidents, and the district nurse will advise you on what remedies to keep in the house. If you can spare the time to do so, you are strongly recommended to attend any simple home nursing or child welfare lectures that may be available. Do not forget that the children will be in strange surroundings and may be homesick. You should therefore watch them carefully.

FOOD STORAGE AND MENUS:

In drawing up menus remember that the following foodstuffs would be rationed in war time — Butcher's meats, cooking fats (including lard and dripping), bacon and ham, sugar, butter and margarine. The number of children should be borne in mind when calculating the week's requirements. The following foods are suggested as suitable: — Cocoa, flour, meat and fish (in cans or in glass jars), milk (canned or dried), plain biscuits (water, lunch, &c.), suet or its equivalent, sugar, tea. In storing foodstuffs selected from the above list, householders should see that storage space is dry and cool; any goods not purchased in cans, jars or airtight containers are placed in clean dry tins with tightly fitting lids; biscuits are fresh and dry when placed in store; and that articles are labelled with the date of purchase so that the earliest purchases can be withdrawn for use. These foodstuffs will not keep indefinitely. It is best to draw from the stock regularly and to replace what has been withdrawn by fresh purchases so that the stock never contains anything more than a few months old, flour and suet should be used and replaced frequently.