

Official notice that appeared in local newspapers in July 1940
Register now for cooking fats

Issued by the Ministry of Food,
Gt. Westminster House, SW1

REGISTER NOW FOR COOKING FATS

FROM next Monday, July 22nd, Margaraine and Cooking Fats will be rationed. You must now fill in the particulars on the 'Cooking Fats' page of your Ration Book, and also inside the front cover. Then take the Book to a retailer *immediately* for registration.

BUTTER & MARGARINE

With the coupons marked 'BUTTER & MARGARINE' you will be able to buy a total weekly ration of 6oz. You can buy all butter or all margarine or some of each. *If you are registered for butter you need not register for margarine, as you will use the same coupons as for butter.*

COOKING FATS (or extra Margarine)

With the coupons marked 'COOKING FATS' you can buy 2 oz of margarine. (This is in addition to any margarine you buy with your 'Butter & Margarine' coupons.) Dripping and suet are not to be rationed at present.

TEA

Tea is now rationed (2oz per week). You may buy from any shop you like - no registration is necessary. To avoid small quantities you may buy one week in advance. Make sure that your shopkeeper takes the coupons from the first page of SPARE Coupons (coloured buff) next to the SUGAR page.