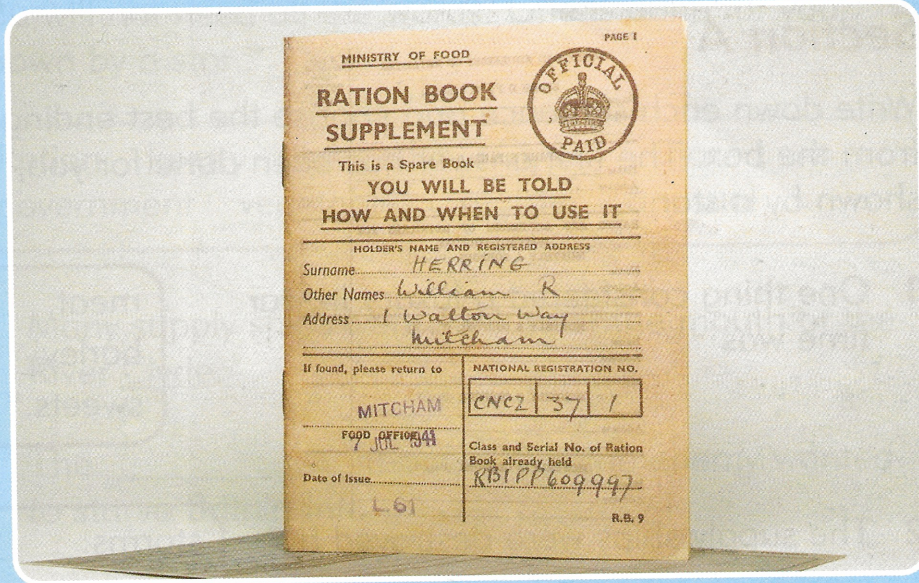


Reading extract continued



in towns, people were encouraged to 'dig for victory' by planting vegetables in their gardens. Councils sometimes ploughed up local parks to plant 'greens'. Fish was never rationed, so many Scottish communities around the coast had a plentiful supply of food from fishing. Even so, nothing could be wasted. All food scraps were kept to be made into a 'hot pot' or fed to the pigs.

Some Scots tried to vary their diet by using unusual foods such as nettle soup or dandelion fritters. Many Scottish children grew up on 'potted heid', meat boiled off the head of a sheep or cows and then set in jelly. Whale meat was tried at one point during the war but it was not popular. Many people kept rabbits and pigeons as a way of getting extra meat.