December 15th 1945. The Preston Guardian -Childrens Playground, Readers News - "Jean Airey, Thornley Hall, Thornley; found a baby robin dead in the schoolyard, so she put it in the hedge on the grass. She also stopped a boy

hitting a dog.-Well done Jean."

THE MINISTRY OF FUEL.

Stressed that coal supplies were uncertain. There was a limit of 50cwt for any premises for 12 months, (May 1945-April 1946), and not more than 10cwt could be allowed in the 2 months November/December 1945. These were maximum quantities, NOT RATIONS-if shortages occurred merchants were required to share out fuel as fairly as possible.

THE NAAFI

Reminded everyone that more staff were required to help maintain the canteen service. Women with cooking/domestic/catering skills were invited to apply.

The NAAFI (The Navy, Army, and Air Force Institutes) which supplied—extra facilities for the forces, enlisted Mr Chad's help to ensure that their catering services continued in the post-war period.

THE MORE PEOPLE

TAKE CEPHOS

THE LESS
PEOPLE
HAVE 'FLU

CEPTOS

THE MORE PEOPLE

TAKE CEPHOS

THE LESS
PEOPLE
HAVE 'FLU

CEPTOS

REMEDY

FOR COLDS AND 'FLU

Cephos is sold everywhere in Tablet or Powder form, 8 Powders or 16 Tablets \$1NGLE 2d 1/3. 21 Powders or 42 Tablets 3/-, Single dose 2d. (including Purchase tax) DOSE 2d. CEPHOS LTD, BLACKBURN.

CEPHOS DOES NOT AFFECT THE HEART

Mr Chad was found
in graffiti, grumbling
about shortages of all
kinds.

NOT NO STAFF!

THE MINISTRY OF FOOD

Produced regular features-food facts . No 284 "Festive touches for Christmas" informed readers: "This is not going to be an easy Christmas, but it can be a cheerful one. YES, you can make icing without icing sugar. YES, you can still serve really luscious "cream". YES, you can still give the children an attractive party sweet that uses very little sugar". (Some of these hints and recipes are included on the recipes pages, 30 & 31.)

Saturday 29th December 1945. The first cargo of bananas to reach this country since December 1940 is expected at Avonmouth this weekend, they will be stored and come on the market at 1/1d per 1b for children and young people under 18.

FOR SALE
Shove-Ha'penny Board
well made and in good
condition.
Apply
Clitheroe Advertiser
& Times

SPARE ROOMS URGENTLY NEEDED

"The Government is asking householders to let their spare rooms, furnished or unfurnished. Many men and women coming back from the services want temporary homes. Will you help? Contact Borough Treasurer's office or Billeting Office, Church St, Clitheroe."

Many advertisements related to the public's concern about poor diet.
"Symington's soups help to eke out rations; a plateful of soup helps to take the sharp edge off hunger and fills the gap"
Ovaltine "helps to restore impaired digestion, a legacy of wartime conditions, caused by nervous strain, and poor diet due to lack of opportunity"

Milk of Magnesia-helps to keep people fit and free from stomach troubles through these anxious times \cdot