

## Reminiscing with Red Box Library at Loose Valley Care Home



The Red Box Library is a box of books, items and posters on all different subjects we receive once every three months at Loose Valley Care Home.

We've had a seaside box and a royal box in the past; this latest one was themed 'The Home Front'.

Inside the box were interesting books and articles from **The Good Housekeeping Guide** on 'How to look after your husband and the home'.

It also had an **example shopping list from the 1940s** that fed a family of five for a total of £3 and 10 shillings a week. We couldn't get over how much you got for so little money!

There was a 'Guess what it is quiz' and one item was a wooden triangle (a trivet for holding a hot pan). Our guess was "It's a snooker ball holder!" and the whole group erupted in laughter when they saw the photos!

There were **picture postcards** of the old red telephone, teapot and cosy, Singer sewing machine, Ovaltine, Bovril and marmite. It was a fascinating box. Another interesting item was an egg substitute box with 'CWS' written on it, which Barbara said was the old name for the Co-op we have now.

### **Our residents remembered dried eggs and said;**

"We just had to make do with it. Rationing was the thing in the 1940s; we all pulled together and helped each other. If we were short of sugar, a cup would be given to us. Doors were always unlocked and open."

**What a wonderful afternoon chatting and reminiscing about the past.**



