

A SAILOR'S



DAILY

B BREAD OR BISCUIT	1 & 1/4 lb.
F FRESH MEAT [IF AVAILABLE]	1 lb.
F FRESH VEGETABLES [IF AVAILABLE]	1 lb.
S SALT PORK & PEAS	1 lb. & 1/3 Pint.
<i>OR</i>	
S SALT BEEF	1 lb.
F FLOUR	9 oz.
S SUET	3/4 oz.
C CURRANTS OR RAISONS	1 & 1/2 lb.
S SUGAR	2 oz.
C HOCOLATE	1 oz.
T EA	1/4 oz.
S PIRITS [NORMALLY RUM]	1/8 Pint.

WEEKLY

O ATMEAL	1/4 Pint.
V INEGAR	1/4 Pint.
M USTARD	1/2 oz.
P EPPER	1/4 oz.

IMPERIAL TO METRIC CONVERSION TABLE	1 Pint	575 Millilitres
	1 Pound (lb)	450 g
	1 Ounce (oz)	25 g