

Make Your Own WWI Trench Picture Frame!

During the First World War (1914-1918) a whopping 3,240,948 tons of food was sent to France and Belgium to feed the British soldiers! At the beginning of the war each soldier was allowed 10oz (283g) of meat and 8oz (226g) of vegetables per day. This meant that each man was getting around 3,500 calories a day (that's 1000 more than what an adult should have today). Luckily for the men tinned food was available which included things like corned beef, Maconochie stew and condensed milk. Another large part of the diet was the trusty *Number 4 standard biscuit*. A large number of these were made by Huntley and Palmers in Reading, Berkshire. They were much like the *Ship's Biscuits* of the 1800s; hard, dry and flavourless. The men might smash some up and mix it in with their stew to thicken up the gravy, or they may use them to make a picture frame.

Below is a recipe for your own *Number 4 standard biscuit* and on the next page is a pattern to help you get the right size (they are definitely not for eating!)

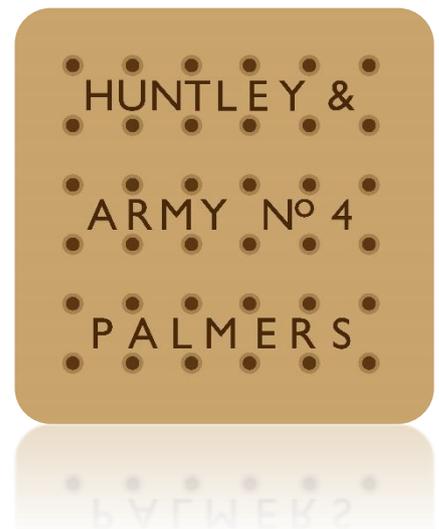
*You may need to ask an adult to help you with the cutting and the oven.

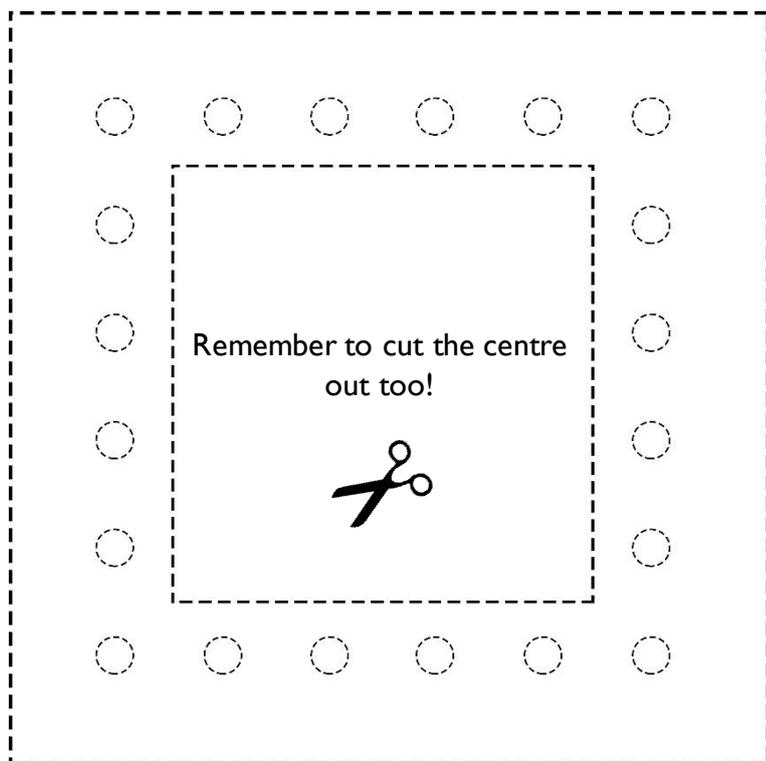
Ingredients

- Flour 140g
- Water 85ml
- Salt (a pinch)

Method

- Set the oven to around 170c
- Place the flour and salt into a bowl and mix together
- Slowly mix in the water to create a tough dough
- Put some flour on a rolling pin and on a worksurface. Roll out the dough to be 0.5cm
- Carefully cut the stencils below and place it on the dough. Cut out each one, this will create your back and front of the frame
- Use something like a chopstick or a blunt pencil to poke holes into the dough where the 'O's are on the stencil
- Ask your adult to move the dough onto a baking tray and place it in the oven for around 1 hour or until dried out.
- Ask your adult to take the hot biscuit out of the oven and leave to cool fully.
- Carefully cut out the picture of Princess Mary.
- Then using a safe glue (PVA is best) stick the picture to the whole biscuit, then glue the picture with the hole in it to the front to finish your frame!





Remember to cut the centre out too!



Front of frame



Back of frame



Festive fact

For Christmas 1914, Princess Mary (only daughter of King George V) decided that “Every sailor afloat and every soldier at the front” should receive a Christmas present. With the help from charitable donations she raised £13,116,780 in today’s money! One of the presents given was a lovely box filled with smaller gifts. The picture above was one of the smaller gifts included in the Christmas box, so it meant a lot to those who received them.

Bonus task:

Why not think about how it might feel receiving a present from someone you don’t know? What would you say if you had to write them a thank you letter?

