



Student Activities

Waltzing Matilda and the Sunshine Harvester Factory

Unit 1: Waltzing Matilda and the Great Strikes

Student Activities

Waltzing Matilda was written by Banjo Patterson in 1895 while he was staying at the Dagworth sheep station in Queensland, the scene of the 1894 shearers' strike. The last two verses are:

*Up rode the squatter, mounted on his thoroughbred,
Down came the troopers, one, two, three,
'Where's that jolly jumbuck you've got in your tucker bag?'
'You'll come a-Waltzing Matilda, with me'.*

*Waltzing Matilda, Waltzing Matilda
'You'll come a-Waltzing Matilda, with me'
'Where's that jolly jumbuck you've got in your tucker bag?'
'You'll come a-Waltzing Matilda, with me'.*

*Up jumped the swagman and sprang into the billabong,
'You'll never take me alive', said he,
And his ghost may be heard as you pass by that billabong,
'You'll come a-Waltzing Matilda, with me'.*

*Waltzing Matilda, Waltzing Matilda
'You'll come a-Waltzing Matilda, with me'
And his ghost may be heard as you pass by that billabong,
'You'll come a-Waltzing Matilda, with me.'
'Oh, You'll come a-Waltzing Matilda, with me.'*

[Note: 'Waltzing matilda' refers to carrying the 'matilda' or 'swag', a swag or bag being a travelling shearer's sleeping partner; a 'swagman' was a travelling shearer or farm labourer; a 'jumbuck' is a sheep; 'troopers' refers to mounted police and the army; 'coolibah tree' is a type of gum tree; a 'billy' is a tin can in which water was boiled on the fire; 'tucker bag' is a bag in which tucker or food was carried; a 'billabong' is a pond or body of water; a 'squatter' is a grazier or pastoralist, running sheep or cattle on a property. This version includes the 'You'll never catch me alive said he' variation introduced by the Billy Tea company and written by Marie Cowan. Banjo Paterson's original lyrics referred directly to 'drowning', which the tea company felt was too negative.]

Henry Lawson in his radical period had this comment on the 1891 shearers' strike in his poem 'Freedom on the Wallaby'¹:

*Our parents toil'd to make a home,
Hard grubbin 'twas an' clearin';
They wasn't crowded much with lords
When they was pioneering.
But now that we have made the land
A garden full of promise,
Old greed must crook 'is dirty hand
And come ter take it from us.
So we must fly a rebel flag,*

As others did before us,
And we must sing a rebel song
And join in rebel chorus.
We'll make the tyrants feel the sting
O' those that they would throttle;
They needn't say the fault is ours
If blood should stain the wattle.

[Note: 'Freedom on the Wallaby' means the freedom of the open road and bush, as shearers and others wandered through the Australian outback. The rebel flag refers to the Eureka flag, which contains the Southern Cross. The flag was raised at the Ballarat diggings in 1854 in a stockade set up by the diggers who were opposed to government taxing their mining operations. The Eureka Stockade was stormed by British troopers.]

Possible Questions (Alternatives)

1. Explain the effects of the Great Strikes of the 1890s on the Australian economy and on relationships between employers and workers. In what ways would the concerns of trade unions and of employers be met by the establishment of a Commonwealth Court of Conciliation and Arbitration?

OR
2. Using information from *Waltzing Matilda and the Sunshine Harvester Factory*, including the two songs, analyse what the Australian Parliament hoped to achieve in establishing the Commonwealth Court of Conciliation and Arbitration in 1904. [Note: an example of such an essay is contained at the end of this kit. It is not a model, but simply an example for a teacher to use to help students develop their own approaches.]

OR
3. Using four or five main points, explain the attitudes expressed in 'Waltzing Matilda' and 'Freedom on the Wallaby'. To what extent might these have influenced the debate on how to deal with strikes and employer and trade union claims for changes in wages or other matters?

OR
4. Using *Waltzing Matilda and the Sunshine Harvester Factory* write an essay dealing with the reasons why the Australian Parliament established the Commonwealth Court of Conciliation and Arbitration in 1904. You may analyse 'Waltzing Matilda', 'Freedom on the Wallaby', the views of Kingston, Deakin, Reid, and Watson, various employers, and union leaders.

OR
5. The Great Strikes led to one of the most famous Australian songs, and one of the most famous Australian poems:
 - What are 'Waltzing Matilda' and 'Freedom on the Wallaby' about?
 - What are the attitudes expressed in them, how did they arise, what do they mean, and how would they influence a debate over how to deal with conflict between shearers and pastoralists, or other labour conflicts, or strikes?
OR
6. Some questions about the proposals developed by the early Australian leaders to regulate labour relations are:
 - What was the model for compulsory arbitration of industrial disputes developed by Kingston?
 - Why did one view, supporting compulsory conciliation and arbitration, prevail? What were the various views of the time?

- Why was it so difficult for Parliament to agree on the specific terms of the Act when compulsory conciliation and arbitration was supported by most politicians and supported in the first two federal election campaigns in Australian history?
- Why were the early Australian leaders so concerned to bring an end to strikes, and why did they do so by providing an alternative to strikes through arbitration rather than simply prohibiting strikes?

Relevant material relating to these questions is set out in Part 1 of *Waltzing Matilda and the Sunshine Harvester Factory*.

Unit 2: The Formation of the Australian Minimum Wage

Student Activities

A minimum wage is the minimum amount that an employee in the area covered by the minimum wage can legally be paid. In the *Harvester Decision* of 1907 Justice Higgins of the Commonwealth Court of Conciliation and Arbitration set the first minimum wage for a full-time unskilled labourer on the basis of 'the normal needs of the average employee, regarded as a human being living in a civilised community'. These normal needs included, in his view, enabling a working man to support a wife and three children in reasonable standards of comfort.

Did the *Harvester* minimum wage actually do this? One way to answer this question is to look at what food a working class family of five could afford to buy on the unskilled labourer's minimum wage.

The tasks:

1. Compile a menu for a day for a working class family of five in 1907 (a father, mother, and three children), using no more than 20½ pence (just under 2 shillings).

OR

2. Do the same thing using only 17½ pence, the alternative and lower minimum wage set at the time of 36 shillings a week, as opposed to the *Harvester* minimum of 42 shillings a week.

OR

3. Compile a menu for a day for a single woman, using no more than 11 pence.

OR

4. Try to compile a menu for a day for a single woman supporting a family of herself and three children on 11 pence.

OR

Other tasks could include comparing menus of today with those of 1907, different types of household, and young people on apprentice wages.

20½ pence, or just under two shillings, is the money available from the *Harvester* minimum wage to spend on food. The 42 shillings a week had to pay for a family's rent, clothing, fuel and light, and other expenses, as well as food. About 28.4 per cent of wages, just over a quarter, might be available for food.²

Use the prices in the following table (drawn from p.68 of *Waltzing Matilda and the Sunshine Harvester Factory*). Feel free to replace vegetables with equivalent vegetables, or meat with equivalent meat. However, the cuts of meat used are the cheapest for the time, and pork and chicken would be generally too expensive at that time:





Price of food, 1907

Food	Price	Food	Price
Bread	2½ pence per kilo	Butter	3 pence per 100 grams
Flour	2½ pence per kilo	Cheese	2 pence per 100 grams
Tea	3½ pence per 100 grams	Eggs	1 penny per egg
Coffee	4 pence per 100 grams	Beef (shin)	8.37 pence per kilo
Sugar	½ pence per 100 grams	Mutton (shoulder)	7.93 pence per kilo
Rice	½ pence per 100 grams	Beef (corned brisket without bone)	9.26 pence per kilo
Sago	1 penny per 100 grams	Fruit (eating)*	1½ pence per 500 grams
Jam	1 penny per 100 grams	Fruit (cooking)*	1 penny per 500 grams
Oatmeal	2½ pence per 500 grams	Cabbage or cauliflower*	2 pence each
Raisins	1½ pence per 100 grams	Marrow or pumpkin*	1 penny per 500 grams
Currants	1½ pence per 100 grams	Tomatoes or beetroot*	1½ pence per 500 grams
Potatoes	1 penny per kilo	Beans or peas*	1½ pence per 500 grams
Onions	1½ pence per kilo	Carrots, parsnips or turnips*	1½ pence per bunch
Milk	2 pence per pint	Golden syrup*	½ penny per 100 grams

* The 1907 price for this food is derived from 1920 prices recorded in the Royal Commission on the Basic Wage, 23 November 1920, Professor Osborne's report, p. 68. These prices were adjusted to 1907 prices using the Retail Price Indexes by Commodity Group, Australia, 1901–1938, food and groceries, p. 213 of *Australians, Historical Statistics*, (ed.) Vamplew, Fairfax, Syme & Weldon Associates, 1987, p. 214. Pence have been rounded to single or half pence in the case of the smallest amounts, others rounded to two places.

Source: *Labour and Industrial Branch Report No 1—Prices, Indexes and Cost of Living in Australia* by GH Knibbs, December 1912, Appendix III. Melbourne 1907 prices used.

Also on the website are:

1. Extracts from Mrs Beeton's cookbook of 1905, which often includes prices, which were approximately the same for 1907, and
2. Newspaper articles which contain some recipes and prices.

Each day they could buy, for example: 1 kilo of bread (1 loaf, or 12 thick slices of bread, 2½ pence), 30 grams of tea (three teaspoons, enough for three pots of tea, 3 pence), 30 grams of sugar (three teaspoons, 3 pence), 50 grams of jam (enough to spread five pieces of bread, ½ pence), 500 grams of oatmeal (enough for five large plates of porridge, 2½ pence), 1 kilogram of potatoes (about 7 medium sized potatoes, 1 pence), 1 pint of milk (2 pence), 500 grams of mutton (4 pence), and 1 cabbage (2 pence), adding up to 20½ pence. It seems that most jobs were daily hire, until the 1920s when Justice Higgins introduced weekly hiring into awards. This required more continuity in hiring, and therefore more steady incomes for families.

Compare the menu of 1907 with the alternative, lower minimum wage

If the *Harvester* wage of 1907 was not 42 shillings a week, but 36 shillings as it was under some early awards, the amount available to buy a family food for one day would be perhaps 1 shilling and 7 pence or 1 shilling and 8 pence (19 pence or 20 pence a day). Would this be enough to feed a family under your calculations? What sort of changes would you make to your menu and recipes?

Compare the menu of 1907 with the menus of today

Draw up a similar menu for you or your family today for one day. Find the current minimum wage per week on the Fair Work Australia website. Divide this amount by seven to get daily wages. Divide this amount by 28.4 per cent to calculate the rough daily amount that can be spent on food for your family on each day. Use prices available at the local supermarket, which can usually be found on the internet. Compare that menu with that for a working family of 1907. What are the differences between a menu of today and a menu of 1907?

Women's wages

The special minimum wage for women was about 54 per cent of the male wage. It was supposed to be a living wage for a single female, but not a family wage designed to support a family of five as the male wage was. The assumption also was that a single female might live at home, or the rental would be less than for a male supporting a family of five. Assume that in 1907 a single female on the female basic wage would have available to feed herself perhaps about 1/1 (11 pence) each day. Design a menu for a day that fits within that budget.

However, that wage might have to support a family if, for example, the woman was a single mother supporting three children and was on the lower female wage. Using the earlier prices, try to calculate the sort of food that a mother, with 11 pence a day available for food to feed a family, could buy to support a family of herself and three children.

Different types of household

Using the amount of 20½ pence a day available for food for a man on the unskilled *Harvester* wage, and 11 pence a day available for food for a woman on the unskilled *Harvester* wage, calculate and place in order from most well off to least well off each of the different types of household:

- a male worker with a wife and three children
- a single female worker, living by herself independently
- a female worker, supporting three children, or other dependents (e.g. parents or relatives)
- a married female worker with no children, with a husband on the male unskilled minimum wage, and
- a single male worker, living by himself independently.

Are these outcomes consistent with the stated humanitarian objectives of Justice Higgins in the *Harvester Decision*?

Remember that most or many families might be supported by a mother and father, with the father receiving a family wage. However there would be other households without the full family wage (e.g. a mother supporting children on her own, see p.80).



Diet and menus



You should note that the diet consisted of high amounts of tea, bread, potatoes, oats or porridge, cabbage, cauliflower, dripping, and mutton. Remember that you can make portions for each person smaller if you run out of money, or can use cheaper items in substitution, such as potatoes or bread with dripping. Assume that the three children only need as much food as the two adults.

Mrs Beeton's cookbook, *'All About Cookery'*, published in Melbourne in 1905, provides some guide to appropriate recipes. Extracts are on the Fair Work Australia website. It was a cookbook mainly for the middle classes, but working class families would use many of the recipes, although not the French recipes. Alternatively, you may wish to use other recipes that your grandparents or great grandparents might have used, including some early recipes you may have at home. Aim to use

the basic recipes that a working class family would use. Australians were amongst the most prosperous workers in the world, and unlike their cousins in Britain or Europe could usually eat meat every day, but it was still difficult sometimes to feed the family on the basic wage. Be careful to get the most nutrition for the least expenditure.

You can assume that some spices and condiments have already been bought, or you can include in the daily food bill small percentages of them.

You will notice that there have been many changes to the diet of Australians since 1907. It was then mainly a British diet, given that most Australians came from Britain or Ireland, or their parents did. Today Australians come from many other countries, and have brought their menus and diet with them. Some of the Australian foods of 1907 are not necessarily attractive to many people today, for example suet and dripping. Look in your local supermarket. Can you find any dripping or suet, or 'mutton'? What are they? Have you ever tried them? On the other hand, less processed food was eaten. Some items were then almost luxuries, such as jam.

Assume that breakfast is bread and dripping, bread and butter, or porridge made of oats, or porridge hominy (ingredients: hominy, water, butter): *'A good breakfast dish in winter'*.³

Lunch can be a sandwich, bread with filling, or one of the smaller dishes. Sometimes people wanted to eat meat three times a day.

There are many possible meals for lunch or dinner in Mrs Beeton's book including:

- boiled rabbit (Mrs Beeton p.337, average cost in 1905 1s to 1s 6d)
- cauliflower cheese (Mrs Beeton p.80, average cost in 1905 1s 6d)
- roast leg of mutton and potatoes (average cost in 1905 10d per lb plus 3d)
- mutton cutlets with mashed potatoes (average cost in 1905 2s 4d)
- potato pie, 'A capital dish that almost everyone likes is Potato Pie', (Mrs Beeton p.321, average cost in 1905 7d)
- cheap onion soup (Mrs Beeton p.274, average cost in 1905 8d)
- stewed carrots (Mrs Beeton p.79, average cost in 1905 9d)
- suet pudding (Mrs Beeton p.396, average cost 5d)
- suet pudding veal or cheaper cut of meat if necessary (Mrs Beeton p.397, average cost 2s 5d)

Guide to the Currency

£1 = 20 Shillings. 1 Shilling = 12 pence. £1, 10 shillings, and 1 pence, could be written as £1.10.1, or £1/10/1. 1 shilling can be 1s, and 1 pence can be 1d. The Australian dollar was not introduced until 1966. **An easy way to calculate total prices is to convert the money available into pence, e.g. 7 shillings becomes 84 pence. Then deduct expenditure in pence from that amount.**

Unit 3: The Campaigns for Equal Pay for Women and Aboriginal Stockmen and Minimum Wages for Adolescents

Student Activities

1. The Gibb Committee (Committee to Review the Situation of Aborigines on Pastoral Properties in the Northern Territory) found that the adoption of the Cattle Station Industry (Northern Territory) Award 'adversely affected the employment of Aborigines'. Whitehouse and Sandall also expressed a view regarding this issue. Discuss the different views put. Was the slow worker permit system a solution to the conflicting points of view? If not, why not?

OR

2. Discuss the ways that developments in wage equality might be seen as a reflection of community ideas and values. Is there, for example, a relationship between maternity leave and equal pay, given that maternity leave is designed to allow women to return to work after the leave, while until the 1960s it was assumed or required that women would leave the workforce when they became pregnant?

OR

3. Before the terrible recession of the 1890s female teachers in Victoria received 80 per cent of the male wage. As a result of the recession, the Victorian Government cut Government expenditure. It cut the salaries of male teachers by no greater than 11 per cent, but cut the salaries of female teachers by 5 to 36 per cent.

In 1901 the Victorian Lady Teachers' Association asked the Education Department to restore the earlier 80 per cent rate, and to provide some justice. It noted that Government reserved for male teachers the 'plum' position of the head-teachership at a large school at a salary ranging from £239 to £288 per annum. It asked for other measures to be taken to provide justice. It claimed that women are under '*great disabilities ... They go through exactly the same training as the men, they have to pass the same examinations, they have to work infinitely harder than the men, but they always receive less pay than the men ... The association has not gone as far as it might have gone in demanding equal pay for equal work; it simply asks, in all courtesy, that women teachers may have restored to them their former four-fifths of the men's salary in the same class.*'

Explain the approach that the Victorian Government took to women's wages. What assumptions underlay that approach?

OR

4. Imagine a boot factory in 1910, and then imagine the same boot factory in 1975. What changes might you see in the composition of the workforce, and their pay and conditions?

OR

5. Imagine a large farm in 1910 that employs men and women, adolescent apprentices and labourers, and indigenous stockmen. Describe the different role that each type of employee might have had, and how much they would have been paid. Now imagine the same farm in 1975. How would the employees' roles and pay have changed?

OR

6. In the *Harvester Decision*, the Court determined that the following wages for young people in 1907 were appropriate:

	Year/age	Rate per week/day
Apprentices	1st year	8s per week
	2nd year	12s per week
	3rd year	16s per week
	4th year	20s per week
	5th year	24s per week
	6th year (if any)	30s per week
	7th year (if any)	36s per week
Boys (Not Apprenticed)	Under 15	2s per day
	15–16	2s 6d per day
	16–17	3s per day
	17–18	3s 6d per day
	18–19	4s per day
	19–20	5s per day
	20–21	6s per day
Young journeymen—Class A (A person who has completed an apprenticeship and has not more than one year's subsequent experience.)		Not less than two thirds of the minimum prescribed for journeymen (10s a day)
Young journeymen—Class B (Temporary classification for two years after 1 November 1907.)		Not less than five-eighths for the first year and three-fourths for the second year, of the minimum prescribed for journeymen

Assume that the young people live with their parents, so that no rent is payable, and deduct 1s a week for clothing. What sort of menu or diet would young people have per day?

Using the various decisions summarised in Part 3 of *Waltzing Matilda and the Sunshine Harvester Factory*, discuss what it was like to work as a young person in the early part of the twentieth century.

In particular, discuss:

- the Victorian Royal Commission report of 1883
 - the length of an apprenticeship in those days
 - at what age a young person could start work
 - whether or not young people were trained, and how
 - the various restrictions placed on special lower rates in awards for young people
 - the careers guide of 1931 to working in the boot trade (on the website)
 - the 1909 decision on Boot Trade Employees
 - what it was like to work as a linesman laying telegraph lines, and
 - what it was like to work as a boy on a steamship.
7. Using *Waltzing Matilda and the Sunshine Harvester Factory*, discuss the approach taken to the fixation of minimum wages for young people. Why was it a different wage to that fixed for adults?
- OR
8. The 1919 Royal Commission on the Basic Wage (accessible from the Documents section of the website) discussed three types of minimum wage:
- The pauper or poverty level.

- The minimum or subsistence level.
- The minimum of health and comfort level.

Justice Higgins fixed the *Harvester* minimum wage on the basis of '*the normal needs of the average employee, regarded as a human being living in a civilised community*'. What does this mean, and which of the three types of minimum wage discussed by the 1919 Royal Commission best describes the *Harvester* minimum wage? Is the basic wage of 1907 in fact a living wage or a family wage given what you have learnt about feeding a family for a day on the basic wage? What are the differences between the three types of minimum wage discussed by the Royal Commission of 1919? Using your research on menus, what sort of menus would fit each type of wage?

OR

9. Alternatively, using *Waltzing Matilda and the Sunshine Harvester Factory* describe and discuss the development of the Australian minimum wage in the period 1907–1928. What were the key events? What were the problems the Court experienced in setting the minimum wage? How did the Court respond to those problems?

OR

10. Note: Some questions in Unit 2 also relate to equal pay.

Unit 4: The Growth of Labour Standards

Student Activities

1. There are 365 days in a year (except for Leap Years). Assume that an employee is a full-time employee working a 38 hour week, Monday to Friday.

Assume that he or she takes his or her full amount of four weeks' annual leave, and ten days personal/carer's leave, and eleven public holidays. How many days of the 365 days will he or she actually work? How many hours in a year will he or she work?

In 1907 the typical working week was Monday to Friday and Saturday morning, and the working week was $48\frac{3}{4}$ hours a week. There was no annual leave entitlement, no sick leave entitlement, and assume that there are only four public holidays. How many days of the 365 days would he or she actually work? How many hours in a year would he or she have worked?

2. What is a holiday? Please describe a favourite holiday you have been on, if you have ever been on a holiday. Describe where you went, and for how long, and what you enjoyed about the holiday or what you did not enjoy (e.g. leaving a favourite pet behind).

Ask your parents or grandparents, or other older relatives, about the earliest holiday they can remember. It does not matter if they were not Australian citizens. Ask them where they went, and for how long, and what they enjoyed about it or did not enjoy. Compare that holiday with your favourite holiday.

Try and find out about early holidays places near where you live. Are there special seaside resorts, or mountain resorts, or other places where people used to go in the early part of last century? The tourism offices may be able to help you with your research. Find out how people travelled there, and what they did when they got there.

3. What is the purpose of a holiday for you at school, or for people at work? Is it for the health and recreation of the worker or schoolchild, to ensure that a worker is a fitter, better worker, or the schoolchild a better learner, all or none of those things, or other things?
4. What is the purpose of sick leave? Should the employer pay an employee to be absent from work and sick? If so, for how long should an employer pay an employee to be absent? Should it make a difference if an employee has been in the job for a short period, e.g. less than six months, or 20 years?
5. Using *Waltzing Matilda and the Sunshine Harvester Factory*, describe the reasons which led to the development of annual leave, sick leave, and parental leave.

Meals for A Week—Breakfast, Lunch and Dinner—Drawn from Mrs Beeton's Cookbook

Note: If the recipes are outside the 14 shillings a week available from the 42 shillings a week *Harvester* minimum wage, then portions of expensive items such as meat can be halved and replaced with cabbage, potatoes, carrots, bread and dripping. For example, an extra potato can be added for each person.

Extracts from the book can be found on the website at <http://ww2.fwa.gov.au/education>.

Recipes from another Mrs Beeton's publication, *Mrs Beeton's Book of Household Management*, can be found at <http://www.mrsbeeton.com/>

Dinner

Boiled Breast of Mutton

704. INGREDIENTS—Breast of mutton, bread crumbs, 2 tablespoonfuls of minced savoury herbs (put a large proportion of parsley), pepper and salt to taste.

Mode.—Cut off the superfluous fat; bone it; sprinkle over a layer of bread crumbs, minced herbs, and seasoning; roll, and bind it up firmly. Boil gently for 2 hours, remove the tape, and serve with caper sauce, No. 382, a little of which should be poured over the meat.

Time.—2 hours. *Average cost*, 6d per lb.

Sufficient for 4 or 6 persons.

Seasonable all the year.

Curried Mutton

712. INGREDIENTS—1-1/2 lb. of leg, loin, or neck of mutton, 2 onions, 2 lettuces, 1 pint of green peas, 1 teaspoonful of salt, 1 teaspoonful of pepper, 1/4 pint of water, 1/4 lb. of clarified butter; when liked, a little cayenne.

Mode.—Mince the above quantity of undressed leg, loin, or neck of mutton, adding a little of the fat, also minced; put it into a stewpan with the remaining ingredients, previously shredding the lettuce and onion rather fine; closely cover the stewpan, after the ingredients have been well stirred, and simmer gently for rather more than 2 hours. Serve in a dish, with a border of rice round, the same as for curry.

Time.—Rather more than 2 hours. *Average cost*, 1s 6d.

Sufficient for 3 or 4 persons.

Seasonable from June to August.

Haricot Mutton

716. INGREDIENTS—4 lbs. of the middle or best end of the neck of mutton, 3 carrots, 3 turnips, 3 onions, popper and salt to taste, 1 tablespoonful of ketchup or Harvey's sauce.

Mode.—Trim off some of the fat, cut the mutton into rather thin chops, and put them into a frying-pan with the fat trimmings. Fry of a pale brown, but do not cook them enough for eating. Cut the carrots and turnips into dice, and the onions into slices, and slightly fry them in the same fat that the mutton was browned in, but do not allow them to take any colour. Now lay the mutton at the bottom of a stewpan, then the vegetables, and pour over them just sufficient boiling water to cover the whole. Give one boil, skim well, and then set the pan on the side of the fire to simmer gently until the meat is tender. Skim off every particle of fat, add a seasoning of pepper and salt, and a little ketchup, and serve. This dish is very

much better if made the day before it is wanted for table, as the fat can be so much more easily removed when the gravy is cold. This should be particularly attended to, as it is apt to be rather rich and greasy if eaten the same day it is made. It should be served in rather a deep dish.

Time.—2–1/2 hours to simmer gently. *Average cost*, for this quantity, 3s.

Sufficient for 6 or 7 persons.

Seasonable at any time.

Baked Beef Steak Pudding

600. **INGREDIENTS**—6 oz. of flour, 2 eggs, not quite 1 pint of milk, salt to taste, 1–1/2 lb. of rump–steaks, 1 kidney, pepper and salt.

Mode.—Cut the steaks into nice square pieces, with a small quantity of fat, and the kidney divide into small pieces. Make a batter of flour, eggs, and milk in the above proportion; lay a little of it at the bottom of a pie–dish; then put in the steaks and kidney, which should be well seasoned with pepper and salt, and pour over the remainder of the batter, and bake for 1–1/2 hour in a brisk but not fierce oven.

Time.—1–1/2 hour. *Average cost*, 2s.

Sufficient for 4 or 5 persons.

Seasonable at any time.

Stewed Shin of Beef

671. **INGREDIENTS**—A shin of beef, 1 head of celery, 1 onion, a faggot of savoury herbs, 1/2 teaspoonful of allspice, 1/2 teaspoonful of whole black pepper, 4 carrots, 12 button onions, 2 turnips, thickening of butter and flour, 3 tablespoonfuls of mushroom ketchup, 2 tablespoonfuls of port wine; pepper and salt to taste.

Mode.—Have the bone sawn into 4 or 5 pieces, cover with hot water, bring it to a boil, and remove any scum that may rise to the surface. Put in the celery, onion, herbs, spice, and seasoning, and simmer very gently until the meat is tender. Peel the vegetables, cut them into any shape fancy may dictate, and boil them with the onions until tender; lift out the beef, put it on a dish, which keep hot, and thicken with butter and flour as much of the liquor as will be wanted for gravy; keep stirring till it boils, then strain and skim. Put the gravy back in the stewpan, add the seasoning, port wine, and ketchup, give one boil, and pour it over the beef; garnish with the boiled carrots, turnips, and onions.

Time.—The meat to be stewed about 4 hours. *Average cost*, 4d per lb with bone.

Sufficient for 7 or 8 persons.

Seasonable at any time.

Toad-in-the-hole

672. **INGREDIENTS**—1–1/2 lb of rump–steak, 1 sheep’s kidney, pepper and salt to taste. For the batter, 3 eggs, 1 pint of milk, 4 tablespoonfuls of flour, 1/2 saltspoonful of salt.

Mode.—Cut up the steak and kidney into convenient–sized pieces, and put them into a pie–dish, with a good seasoning of salt and pepper; mix the flour with a small quantity of milk at first, to prevent its being lumpy; add the remainder, and the 3 eggs, which should be well beaten; put in the salt, stir the batter for about 5 minutes, and pour it over the steak. Place it in a tolerably brisk oven immediately, and bake for 1–1/2 hour.

Time.—1–1/2 hour. *Average cost*, 1s 9d.

Sufficient for 4 or 5 persons.

Seasonable at any time.

Baked Potatoes

1136. INGREDIENTS—Potatoes.

Mode.—Choose large potatoes, as much of a size as possible; wash them in lukewarm water, and scrub them well, for the browned skin of a baked potato is by many persons considered the better part of it. Put them into a moderate oven, and bake them for about 2 hours, turning them three or four times whilst they are cooking. Serve them in a napkin immediately they are done, as, if kept a long time in the oven, they have a shrivelled appearance. Potatoes may also be roasted before the fire, in an American oven; but when thus cooked, they must be done very slowly. Do not forget to send to table with them a piece of cold butter.

Time.—Large potatoes, in a hot oven 1–1/2 hour to 2 hours; in a cool oven, 2 to 2–1/2 hours. *Average cost*, 4s per bushel.

Sufficient.—Allow 2 to each person.

Seasonable all the year, but not good just before and whilst new potatoes are in season.

Lunch

Asparagus Soup

113. INGREDIENTS—5 lbs. of lean beef, 3 slices of bacon, 1/2 pint of pale ale, a few leaves of white beet, spinach, 1 cabbage lettuce, a little mint, sorrel, and marjoram, a pint of asparagus—tops cut small, the crust of 1 French roll, seasoning to taste, 2 quarts of water.

Mode.—Put the beef, cut in pieces and rolled in flour, into a stewpan, with the bacon at the bottom; cover it close, and set it on a slow fire, stirring it now and then till the gravy is drawn. Put in the water and ale, and season to taste with pepper and salt, and let it stew gently for 2 hours; then strain the liquor, and take off the fat, and add the white beet, spinach, cabbage lettuce, and mint, sorrel, and sweet marjoram, pounded. Let these boil up in the liquor, then put in the asparagus—tops cut small, and allow them to boil till all is tender. Serve hot, with the French roll in the dish.

Time.—Altogether 3 hours. *Average cost* per quart, 1s 9d.

Seasonable from May to August.

Sufficient for 8 persons.

Cabbage Soup

118. INGREDIENTS—1 large cabbage, 3 carrots, 2 onions, 4 or 5 slices of lean bacon, salt and pepper to taste, 2 quarts of medium stock No. 105.

Mode.—Scald the cabbage, cut it up and drain it. Line the stewpan with the bacon, put in the cabbage, carrots, and onions; moisten with skimings from the stock, and simmer very gently, till the cabbage is tender; add the stock, stew softly for half an hour, and carefully skim off every particle of fat. Season and serve.

Time.—1–1/2 hour. *Average cost*, 1s per quart.

Seasonable in winter.

Sufficient for 8 persons.

Aunt Nelly's Pudding

1224. INGREDIENTS—1/2 lb. of flour, 1/2 lb. of treacle, 1/2 lb. of suet, the rind and juice of 1 lemon, a few strips of candied lemon-peel, 3 tablespoonfuls of cream, 2 eggs.

Mode.—Chop the suet finely; mix with it the flour, treacle, lemon-peel minced, and candied lemon-peel; add the cream, lemon-juice, and 2 well-beaten eggs; beat the pudding well, put it into a buttered basin, tie it down with a cloth, and boil from 3-1/2 to 4 hours.

Time.—3-1/2 to 4 hours. *Average cost*, 1s 2d.

Sufficient for 5 or 6 persons.

Seasonable at any time, but more suitable for a winter pudding.

Alma Pudding

1237. INGREDIENTS—1/2 lb. of fresh butter, 1/2 lb. of powdered sugar, 1/2 lb. of flour, 1/4 lb. of currants, 4 eggs.

Mode.—Beat the butter to a thick cream, strew in, by degrees, the sugar, and mix both these well together; then dredge the flour in gradually, add the currants, and moisten with the eggs, which should be well beaten. When all the ingredients are well stirred and mixed, butter a mould that will hold the mixture exactly, tie it down with a cloth, put the pudding into boiling water, and boil for 5 hours; when turned out, strew some powdered sugar over it, and serve.

Time.—6 hours. *Average cost*, 1s 6d.

Sufficient for 5 or 6 persons.

Seasonable at any time.

Stewed Red Cabbage

1099. INGREDIENTS—1 red cabbage, a small slice of ham, 1/2 oz. of fresh butter, 1 pint of weak stock or broth, 1 gill of vinegar, salt and pepper to taste, 1 tablespoonful of pounded sugar.

Mode.—Cut the cabbage into very thin slices, put it into a stewpan, with the ham cut in dice, the butter, 1/2 pint of stock, and the vinegar; cover the pan closely, and let it stew for 1 hour. When it is very tender, add the remainder of the stock, a seasoning of salt and pepper, and the pounded sugar; mix all well together, stir over the fire until nearly all the liquor is dried away, and serve. Fried sausages are usually sent to table with this dish: they should be laid round and on the cabbage, as a garnish.

Time.—Rather more than 1 hour. *Average cost*, 4d each.

Sufficient for 4 persons.

Seasonable from September to January.

Breakfast

Ham and Eggs

813. INGREDIENTS—Ham; eggs.

Mode.—Cut the ham into slices, and take care that they are of the same thickness in every part. Cut off the rind, and if the ham should be particularly hard and salt, it will be found an improvement to soak it for about 10 minutes in hot water, and then dry it in a cloth. Put it into a cold frying-pan, set it over the fire, and turn the slices 3 or 4 times whilst they are cooking. When done, place them on a dish, which should be kept hot in front of the fire during the time the eggs are being poached. Poach the eggs, slip them on to the slices of ham, and serve quickly.

Time.—7 or 8 minutes to broil the ham. *Average cost,* from 8d to 10d per lb by the whole ham.

Seasonable at any time.

Bacon and Eggs

802. INGREDIENTS—Bacon; eggs.

Mode.—Cut the bacon into thin slices, trim away the rusty parts, and cut off the rind. Put it into a cold frying-pan, that is to say, do not place the pan on the fire before the bacon is in it. Turn it 2 or 3 times, and dish it on a very hot dish. Poach the eggs and slip them on to the bacon, without breaking the yolks, and serve quickly.

Time.—3 or 4 minutes. *Average cost,* 10d to 1s per lb for the primest parts.

Sufficient.—Allow 6 eggs for 3 persons.

Seasonable at any time.

Other staples

- Oatmeal/Currants
- Bread

Endnotes

1. H Lawson, 'Freedom on the wallaby', as published in *Worker*, Brisbane, 16 May 1891.
2. Labour and Industrial Branch Report No.1, Prices, Price Indexes and Cost of Living in Australia, by GH Knibbs, Commonwealth Statistician, December 1912, p. 17. Rent was 16.3 per cent, food 28.4 per cent, clothing 12.3 per cent, fuel and light 3.4 per cent, other items 39.6 per cent. This is similar to the percentages of expenditure in for example 1970. The *1970 WA Basic Wage Case Decision*, at p. 29, records housing as 25.5 per cent, food 32.4 per cent, clothing 8.7 per cent, household equipment 3.5 per cent, groceries other than food 5.6 per cent, miscellaneous 15.6 per cent, and transport 8.7 per cent. Source: J Hutson, *Six Wage Concepts*, AEU 1971, p. 40.
3. I Beeton, *All About Cookery: A Collection of Practical Recipes Arranged in Alphabetical Order*, Melbourne, 1905, p. 320.
4. B Kingston, *The World Moves Slowly*, Cassell Australia NSW 1977, p.130.