

The foregoing tells you what a pensioner CAN HAVE;  
now we tell you what he CANNOT HAVE.

- No amusements.
- No tobacco.
- No pets.
- No bus rides.
- No papers.
- No sweets.
- No wireless or television.
- No new clothes or shoes or underwear.
- in fact no life.

Are you prepared to let the old folk go down to their graves in poverty and despair? are you prepared any longer to condone this terrible injustice?

Do you know that it costs three times the pension to keep a man in jail? four times as much to keep a pensioner in a Home?

The Government says that where a man finds he cannot manage on the pension, he can always apply for assistance; if he does so, and can prove need, he will be granted a supplementary pension rent allowance, which means in 99% of cases they will only pay his rent, nothing extra for food, but when he has paid his rent he will then have to live on the scale we have outlined above; we have ignored rent in our survey, so that whether a pensioner gets a supplementary pension or not, he is doomed to live on £2 a week—

#### AND IT CANNOT BE DONE.

Every worker in industry should take careful note of the position of the old age pensioner to-day, for that fate will be theirs, unless steps are taken to see that the position is altered.

EVERY PERSON WHO LIVES LONG ENOUGH  
WILL BECOME OLD, AND THE FATE OF PRESENT-  
DAY OLD FOLK WILL BE THE FATE OF THOSE NOW  
YOUNG.

SEE TO IT THAT THIS INTOLERABLE POSITION  
IS ENDED.

## National Federation of Old Age Pensions Associations



# “LIFE” ON

## 3/3d

# A DAY

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Head Office: Pensioner House, 15 Blakey Moor, Blackburn,  
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# "LIFE" ON 3/3d A DAY

WHEN we saw the Minister of Pensions, The Rt. Hon. J. Boyd Carpenter, on the 8th March, we submitted to him a "Pensioner's Budget", which was the actual list as supplied by an old age pensioner.

Since that date, due to the increase in the cost of food, a pensioner to-day has to buy less food; another reason for this being that coal, electricity, gas and the like have also been increased.

The amount that can now be spent on food is quite inadequate, and the daily average expenditure on this item is 3/3d—less than the price of ONE DECENT MEAL.

## WEEKLY BUDGET.

Food Costs.		Essential Payments	
	s. d.		s. d.
Bread, 3 loaves ...	2 0	Coal .....	9 0
3-lb. potatoes ...	1 0	Gas and	
Vegetables .....	2 0	Electricity ...	4 0
½-lb. fish .....	1 0	Clothes, shoes, etc.	
½-lb. liver .....	1 3	renewals .....	3 0
½-lb. sausage .....	0 5	Cleaning, etc. ....	3 6
1-lb. jam .....	1 8	Insurance .....	1 6
½-lb. flour .....	0 7½		
½-lb. tea .....	1 9		£1 1 0
½-lb. lard .....	0 9		
½-lb. margarine ...	1 2		
½-lb. butter .....	1 6		
½-lb. cheese .....	0 7½		
3 eggs .....	1 3		
Meat .....	2 6		
Cereals, breakfast	1 3		
3½ pints milk .....	2 4		
2-lb. sugar .....	1 2		
	£1 4 3		
Essential costs .....		£1-1-0	
Food costs .....		1-4-3	
Total Costs .....		£2-5-3	

NOTE: This is 5/3d. more than the old age Pensioner receives. Unless some kind person makes up this deficiency, the old age pensioner will be hungrier than usual!

And here is a week's "Menu" for an old age pensioner; the only variation he gets is in changing round from "this" day to "that".

### Sunday—

Breakfast: Cereal and cup of tea.  
Dinner: Lamb chop, potatoes, one veg., cup of tea.  
Tea: Tea with bread and butter; jam.

### Monday—

Breakfast: Cereal and cup of tea.  
Dinner: Small piece of fish, potatoes, cup of tea.  
Sweet—bread and jam.  
Tea: Tea, bread and butter and small piece cheese.

### Tuesday—

Breakfast: Cereal and cup of tea.  
Dinner: ½lb. liver, potatoes, cup of tea.  
Tea: Bread and butter, jam.

### Wednesday—

Breakfast: Cereal and cup of tea.  
Dinner: Bacon and egg with bread and butter.  
Tea: Bread and butter, jam.

### Thursday—

Breakfast: Tea, bread and butter with egg  
(a special treat).  
Dinner: Portion of meat, potatoes, veg.  
Sweet—Bread and jam.  
Tea: Bread and butter; remains of cheese.

### Friday—

Breakfast: Cereal and cup of tea.  
Dinner: Sausage and last egg;  
Sweet—Bread and jam.  
Tea: Bread and butter, jam.

### Saturday—

Breakfast: Cereal and cup of tea.  
Dinner: Fish and chips (home-made, cannot afford to go to the chip shop). Sweet—Bread and jam.  
Tea: Tea, bread and butter.

NOTE: No suppers. Go to bed early to save coal and light.