



Historical Society of Princeton
at Urdike Farmstead

World War II Rationing

Appropriate for Grades 3 through 10

Some adult assistance may be necessary to complete the activity

Background Information

World War II was a worldwide war that lasted from 1939 through 1945. The United States' involvement in the war lasted from 1941 through 1945. The war was fought overseas, which means American soldiers were sent to Europe and Asia to fight the war. But that doesn't mean Americans at home in the U.S. had an easy time. There were many hardships on the "**home front.**"

One challenge that Americans at home confronted was **rationing**. During the war, there was not as much food in stores and at farm stands as there had been before the war. This was because food was no longer being imported from other countries. Food grown on American farms was sent to soldiers instead of grocery stores. It was also very hard to get enough rubber and tires during the war, so cars and trucks couldn't drive as much to get food to stores.

To make sure everyone had access to the same amount of food, the government distributed **ration stamps** to every household.

Here's what a book of ration stamps looked like:

4

582741 CN

UNITED STATES OF AMERICA
OFFICE OF PRICE ADMINISTRATION



WAR RATION BOOK FOUR

Issued to Charles H. Rogers
(Print first, middle, and last names)

Complete address Princeton, N.J.

READ BEFORE SIGNING

In accepting this book, I recognize that it remains the property of the United States Government. I will use it only in the manner and for the purposes authorized by the Office of Price Administration.

Void if Altered

Charles H. Rogers
(Signature)

It is a criminal offense to violate rationing regulations.

OPA Form R-145

16-35570-1



**NEVER BUY RATIONED GOODS
WITHOUT RATION STAMPS**

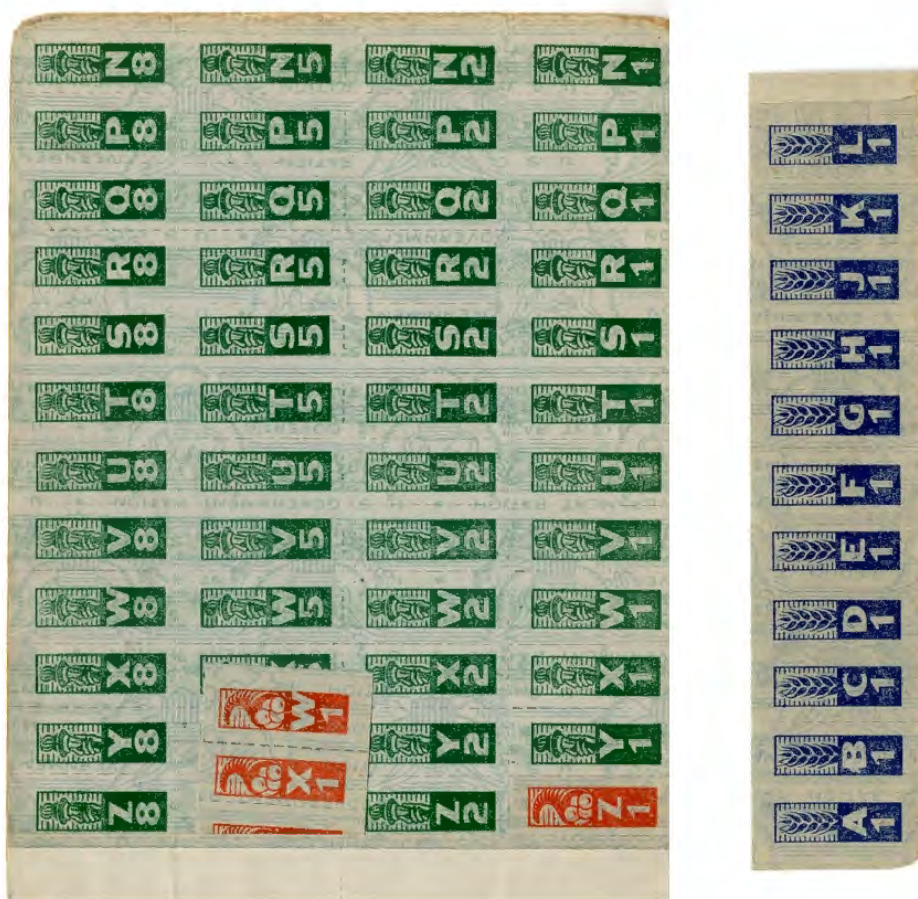
NEVER PAY MORE THAN THE LEGAL PRICE

United States Office of Price Administration

IMPORTANT: When you have used your ration, salvage the TIN CANS and WASTE FATS. They are needed to make munitions for our fighting men. Cooperate with your local Salvage Committee.

☆ U. S. GOVERNMENT PRINTING OFFICE : 1943 16-35570-1

1624d



These are pages from a real ration book that belonged to Charles H. Rogers, who lived in Princeton during World War II.

The numbers on the stamps indicate how many points they are worth. The letters on the stamps let people know when they were allowed to use them. At any given time, only a few *letters* would be valid. For example, in January 1944, Americans could use V and W stamps. The next month, in February 1944, V and W stamps had expired, and Americans could then use only X, Y, and Z stamps.

Each food item had a point value. You would trade the correct number of stamps in at the store in exchange for the food item. Ration stamps did not replace money – you also still had to pay for your food items.

Point charts showed how many points certain products cost.

OFFICIAL TABLE OF POINT VALUES FOR PROCESSED FOODS

No. 2—Effective March 29, 1943 Permitted to Ration Order Number 13

FLUIDS (1 pint = 1 point)
1 quart = 2 points

WEIGHT	POINT VALUES																PER LB.	
	Over 0 including 4 oz.	Over 4 oz. including 7 oz.	Over 7 oz. including 10 oz.	Over 10 oz. including 14 oz.	Over 14 oz. including 18 oz.	Over 18 oz. including 22 oz.	Over 22 oz. including 26 oz.	Over 26 oz. including 30 oz.	Over 30 oz. including 34 oz.	Over 34 oz. including 38 oz.	Over 38 oz. including 42 oz.	Over 42 oz. including 46 oz.	Over 46 oz. including 50 oz.	Over 50 oz. including 54 oz.	Over 54 oz. including 58 oz.	Over 58 oz. including 62 oz.		
FRUITS AND FRUIT JUICES																		
<i>Canned and Bottled Fruits (include Mixed and Spiced Fruits)</i>																		
APPLES (include Crabapples)	2	3	5	6	8	10	13	15	17	19	21	23	25	27	29	31	8	
APPLESAUCE	3	4	6	8	11	14	17	21	23	26	29	32	34	37	40	43	11	
APRICOTS	3	5	7	10	13	16	20	24	28	31	34	37	41	44	47	50	13	
BERRIES—all varieties	3	4	6	8	11	14	17	21	23	26	29	32	34	37	40	43	11	
CHERRIES, red raw	3	4	6	8	11	14	17	21	23	26	29	32	34	37	40	43	11	
CHERRIES, other (except maraschino type)	3	4	6	8	11	14	17	21	23	26	29	32	34	37	40	43	11	
FRUITS for SALAD and FRUIT COCKTAIL	3	5	7	10	13	16	20	24	28	31	34	37	41	44	47	50	13	
GRAPEFRUIT	2	3	5	6	8	10	13	15	17	19	21	23	25	27	29	31	8	
PEACHES	3	5	7	10	13	16	20	24	28	31	34	37	41	44	47	50	13	
PEARS	3	4	6	8	11	14	17	21	23	26	29	32	34	37	40	43	11	
PINEAPPLE	4	6	8	11	14	18	23	28	32	36	38	43	47	51	54	58	15	
All other canned and bottled fruits and combinations	2	3	5	6	8	10	13	15	17	19	21	23	25	27	29	31	8	
<i>Canned and Bottled Fruit Juices</i>																		
GRAPE JUICE	1	2	2	3	4	5	6	8	9	10	11	12	13	14	15	16	4	
GRAPEFRUIT JUICE	1	2	2	3	4	5	6	8	9	10	11	12	13	14	15	16	4	
PINEAPPLE JUICE	3	4	6	7	10	12	13	15	18	20	21	22	23	25	27	30	10	
All other fruit juices, fruit nectars, and combinations	1	2	2	3	4	5	6	8	9	10	11	12	13	14	15	16	4	
<i>Frozen Fruits and Fruit Juices</i>																		
STRAWBERRIES	3	5	7	10	13	16	20	24	28	32	34	39	42	45	49	52	13	
All other frozen fruits	3	5	7	10	13	16	20	24	28	32	34	39	42	45	49	52	13	
All frozen fruit juices	1	2	2	3	4	5	6	8	9	10	11	12	13	14	15	16	4	
<i>Dried and Dehydrated Fruits</i>																		
PRUNES	Over 0, including 4 oz.				Over 4 oz. including 8 oz.				Over 8 oz. including 12 oz.				Over 12 oz. including 16 oz.				0	
RAISINS	0				0				0				0				0	
All other dried and dehydrated fruits (except dates and figs)	0				0				0				0				0	
VEGETABLES AND VEGETABLE JUICES																		
<i>Canned and Bottled Vegetables</i>																		
ASPARAGUS	3	4	6	8	11	14	17	21	23	26	29	32	34	37	40	43	11	
BEANS, FRESH LIMA	4	6	8	11	15	19	23	28	32	36	39	43	47	51	54	58	15	
BEANS, GREEN and WAX	3	4	6	8	11	14	17	21	23	26	29	32	34	37	40	43	11	
BEANS, all canned and bottled dry varieties including Baked Beans, Soaked Dry Beans, Pork and Beans, Kidney Beans, and Lentils	3	4	6	8	11	14	17	21	23	26	29	32	34	37	40	43	11	
BEEFS (include pickled)	2	3	5	6	8	10	13	15	17	19	21	23	25	27	29	31	8	
CORN	3	4	6	8	11	14	17	21	23	26	29	32	34	37	40	43	11	
PEAS	3	5	7	10	13	16	20	24	28	31	34	37	41	44	47	50	13	
SAUERBRAUT	1	2	2	3	4	5	6	8	9	10	11	12	13	14	15	16	4	
SPINACH	3	4	6	8	11	14	17	21	23	26	29	32	34	37	40	43	11	
TOMATOES	3	5	7	10	13	16	20	24	28	31	34	37	41	44	47	50	13	
TOMATO CATSUP and CHILI SAUCE	3	5	7	10	13	16	20	24	28	31	34	37	41	44	47	50	13	
TOMATO PASTE and SAUCE	4	6	8	11	15	19	23	28	32	36	39	43	47	51	54	58	15	
TOMATO PRODUCTS, all others	3	5	7	10	13	16	20	24	28	31	34	37	41	44	47	50	13	
All other canned and bottled vegetables and combinations	3	4	6	8	11	14	17	21	23	26	29	32	34	37	40	43	11	
<i>Canned and Bottled Vegetable Juices</i>																		
TOMATO JUICE	3	4	6	7	10	12	13	15	18	20	21	22	23	25	27	30	10	
All other canned and bottled vegetable juices	2	3	5	6	8	9	11	13	15	17	19	20	23	26	29	31	8	
<i>Frozen Vegetables and Vegetable Juices</i>																		
ASPARAGUS	3	5	7	10	13	16	20	24	28	32	34	39	42	45	49	52	13	
BEANS, BAKED	2	3	5	6	8	10	13	15	18	20	22	24	26	28	30	32	8	
BEANS, GREEN and WAX	3	5	7	10	13	16	20	24	28	32	34	39	42	45	49	52	13	
BEANS, LIMA	3	5	7	10	13	16	20	24	28	32	34	39	42	45	49	52	13	
CORN	3	5	7	10	13	16	20	24	28	32	34	39	42	45	49	52	13	
PEAS	3	5	7	10	13	16	20	24	28	32	34	39	42	45	49	52	13	
SPINACH	3	5	7	10	13	16	20	24	28	32	34	39	42	45	49	52	13	
All other frozen vegetables, frozen vegetable juices, and frozen soups	2	3	5	6	8	10	13	15	18	20	22	24	26	28	30	32	8	
OTHER PROCESSED FOODS																		
TOMATO SOUP (Canned and Bottled)	2	3	5	6	8	10	13	15	17	19	21	23	25	27	29	31	8	
All other canned and bottled soups	2	3	5	6	8	10	13	15	17	19	21	23	25	27	29	31	8	
BABY FOODS, Canned & Bottled, all types and varieties except milk and cereals	Over 0, including 4 oz. 1 Point				Over 4 oz. including 8 oz. 2 Points				Over 8 oz. including 12 oz. 3 Points				Over 12 oz. including 16 oz. 4 Points					
DRY BEANS (except Soybeans), Peas, and Lentils	2 Points Per Oz.				2 Points Per Oz.				2 Points Per Oz.				2 Points Per Oz.					
CORN ON THE COB (Canned, bottled or frozen)	2 Points Per Oz.				2 Points Per Oz.				2 Points Per Oz.				2 Points Per Oz.					
DRIED AND DEHYDRATED SOUPS																		
All types of soups	Over 1 including 2 oz.	Over 2 including 4 oz.	Over 4 including 8 oz.	Over 8 including 16 oz.	Over 16 including 32 oz.	Over 32 including 64 oz.	Over 64 including 128 oz.	Over 128 including 256 oz.	Over 256 including 512 oz.	Over 512 including 1024 oz.	Over 1024 including 2048 oz.	Over 2048 including 4096 oz.	Over 4096 including 8192 oz.	Over 8192 including 16384 oz.	Over 16384 including 32768 oz.	Over 32768 including 65536 oz.	Over 65536 including 131072 oz.	PER LB.
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	

This point chart was published in a newspaper in Washington, D.C. on March 28, 1943.

Activity: Shopping with Ration Stamps

Here's a simplified point chart for our activity:

ITEM	POINTS PER POUND
FRUITS	
Apples	8
Applesauce	11
Apricots	13
Berries – all varieties	11
Cherries	11
Fruits for salad and fruit cocktail	11
Grapefruit	8
Peaches	13
Pineapple	15
FROZEN FRUIT AND JUICE	
Frozen strawberries	13
All other frozen fruits	13
All frozen fruit juices	4
VEGETABLES	
Beans, fresh lima	15
Beans, green and wax	11
Beets	8
Sauerkraut	4
Spinach	11
Tomatoes	13
FROZEN VEGETABLES	
Frozen peas	13
Frozen asparagus	13
OTHER PROCESSED FOODS	
Tomato Soup (Canned and Bottled)	8
All other canned and bottled soups	8
Baby foods	2
Dried beans, peas, and lentils	4
Corn on the cob (canned, bottled, or frozen)	2 points per ear
DAIRY PRODUCTS	
Butter	8
Evaporated or condensed milk	1
Shortening	5
Cottage cheese	3
MEAT	
Sirloin steak	12
Hamburger ground beef	6
Bacon	7

Here's a shopping list for groceries.

Shopping List.

1 pound of applesauce

4 ears of corn

1 pound of canned tomato soup

1 pound of ground hamburger
beef

2 pounds of sauerkraut

1 pound of frozen peas

1. How many total ration points is this shopping list? (Hint: use the point chart on page 5 to write down how many points each item is and then add them together.)

2. Let's pretend that the local newspaper has recently announced that the N, P, and Q stamps are now valid. How many total points does Mr. Rogers have in N, P, and Q stamps? (Look at Mr. Rogers' ration stamp book on page 3).

This is about how many stamps an American resident would be permitted to use in one week during World War II.

3. Does Mr. Rogers have enough stamps to buy everything on the shopping list? If not, what would you remove? (circle one)

Yes

No

I would remove _____.

4. Compare pineapples and apples in their point values. Why do you think certain food items cost more ration points than other food items?

Answers

1. The shopping list adds up to **54 points**.
2. Mr. Rogers has **48 points** in N, P, and Q stamps.
3. Mr. Rogers does **not** have enough points to buy his full list.
4. Pineapples are an exotic fruit that only grew in certain places. It was hard to transport pineapples to stores, and there were not that many of them. On the other hand, apples were much easier to come by. When an item was more easily available, it cost fewer ration points. Economists call this effect supply and demand.