



Historical Society of Princeton
at Updike Farmstead

World War II Rationing

Appropriate for Grades K through 10

Some adult assistance/supervision 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**

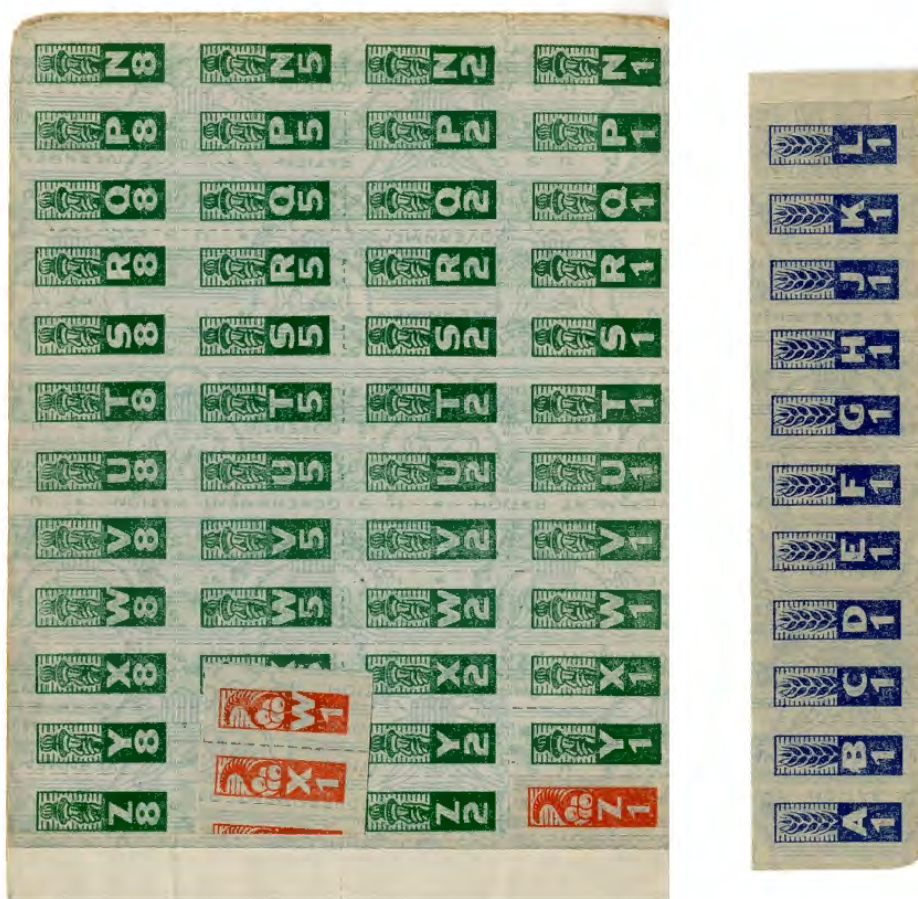
NEVER PAY MORE THAN THE LEGAL PRICE

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.

Rationing meant that Americans could not get everything they wanted at the grocery store all the time. They had to find new recipes and meals that fit with the items that were most available and easiest to get.

Sugar was the most difficult ingredient to find during World War II. Princeton residents had to apply to a government committee if they needed more sugar than was allowed.

OPA Form No. R-315
(Revised 12-15-42)

Form approved. Budget Bureau No. 08-R146-42

UNITED STATES OF AMERICA
OFFICE OF PRICE ADMINISTRATION

**SPECIAL APPLICATION
RATIONED FOOD COMMODITIES**

1. Name of applicant: Josephine P. Morgan
(Consumer, business, or organization)

2. Address Constitution Hill
(Number and street or R. F. D.)
Princeton N.J.
(City) (State)

If this application covers establishments other than that named above, list the name and address of each on an attached sheet.

3. (a) This application is for canning sugar
(Enter specific food item, such as canned peas, sugar, coffee, etc.)

(b) Action applied for _____

4. Check type of applicant:
 Consumer. Institutional user. If applicant is not a consumer, state nature of business (grocery, restaurant, soda fountain, bakery, ice cream manufacturer, etc.):
 Retailer. Industrial user.
 Wholesaler. Other.

5. Amount of item (3 (a) above) applied for in points, pounds, or other ration units 5 lb.
(If application is not for a rationed food item, write "none.")

6. Amount of item or commodity group on hand
(If item is rationed individually such as coffee or sugar, show the amount of that item on hand plus the value of stamps, certificates, and credits exchangeable for that item.)
(If item is one of a rationed group such as processed foods or meats, show total number of points of that whole group on hand plus the point value of stamps, certificates, and credits exchangeable for that group. Inventory statement is not required when application is for other than additional points.)

7. Explain fully why you need this food item, or why you request the action in 3 (b):
40 glasses grape jelly

(Over.—This application must be signed on reverse side)

In this document, Josephine P. Morgan applies for more sugar rations. Mrs. Morgan lived at a grand estate in Princeton called Constitution Hill. Again, rationing was meant to create equal access to food no matter how rich or poor you were. This historic document tells us that even Princeton's wealthiest families, like the Morgans, had limited access to sugar.

Activity: Cooking with Ration Stamps

People shared ration-friendly recipes in local newspapers and in new cookbooks.

Give some of these recipes a try! With a responsible, supervising adult, try making one of the recipes below that were published during World War II. We'd love to hear how they turn out! Email share@princetonhistory.org to let us know.

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The Princeton Herald

The following is a recipe that were published in the *Princeton Herald*, Princeton's local newspaper during World War II:

GRAHAM BREAD

1 egg
1 cup sour milk or buttermilk
½ cup molasses
1 tablespoon melted butter
1 teaspoon baking soda
1 tablespoon boiling water
3 cups graham flour*
½ cup sugar (or substitute ½ cup minus 1 ½ tablespoons of honey)
1 ½ teaspoons salt

1. Preheat oven to 375°.
2. Beat egg, add sour milk or buttermilk, and melted butter and molasses.
3. Dissolve baking soda in boiling water and add.
4. Mix the graham flour, salt, and sugar together and add to first mixture, beating only enough so mixture is well blended.
5. Pour into a well-greased loaf pan.
6. Bake 50 minutes.

*Graham flour is a coarse-ground whole wheat flour that retains the germ and bran of the wheat. You can substitute ordinary whole wheat flour, or add 3 tablespoons of wheat germ, if you have it.



Special cookbooks were published during World War II to give Americans ideas of what to make while rationing. *Recipes for Today*, published by the General Foods Corporation in 1943, was one of these cookbooks.

Below are some recipes – and handy tips – from *Recipes for Today*:

In Princeton, a group of volunteers would distribute recipes and offer taste tests of sugar-free cakes and cookies in a center on Nassau Street.

Recipes for Today makes several sugar-free dessert recommendations. Remember, sugar was one of the hardest ingredients to get during World War II. Here's a sugar-free dessert recipe from *Recipes for Today*:

All-Honey Chocolate Cake

2 cups sifted Swans Down Cake Flour
1 1/2 teaspoons soda [baking soda]
1/2 teaspoon salt
1/2 cup shortening [you can substitute butter]
1 1/4 cups honey
2 eggs, unbeaten
3 squares Baker's Unsweetened Chocolate, melted
2/3 cup water

1. Sift flour once, measure, add soda and salt, and sift together three times.
2. Cream shortening, add honey gradually, by tablespoons at first, beating hard after each addition.
3. Add 1/4 of flour and beat until smooth. Add eggs, one at a time, beating well after each.
4. Add chocolate and blend.
5. Add remaining flour in thirds, alternately with water in halves, beating well after each addition.
6. Bake in two greased 9-inch layer pans in moderate oven (350° F.) 1/2 hour. Spread with Mocha Cream (page 38).

Mocha Cream

Use Jell-O Vanilla Pudding and, for liquid, 1 1/4 cups strong coffee and 1/3 cup milk. Add 1 square Baker's Unsweetened Chocolate. Cook as directed.

SOUPS FOR A GOOD MEAL

“Thick, nourishing soups are dependable “extenders”, perfect to ladle out of an old-fashioned tureen at the family table. Any of these soups will make a satisfying main dish, maybe enough for two meals! The secret is rich flavor. It calls for slow cooking, and careful seasoning. All these fine points are discussed right here.”

BEAN, PEA, OR LENTIL SOUP

1 cup dried beans, peas, or lentils
4 cups cold water
2 ounces salt pork [omit if vegetarian, or if you don't have it]
1 medium onion
1 stalk celery
1 whole clove
1 bay leaf
1 teaspoon salt
Dash of pepper

1. Pick over beans, peas, or lentils. Wash, cover well with water, and let soak overnight. In the morning, pour off and measure water, adding enough to make 4 cups, if necessary.
2. Combine all ingredients in kettle. Cover and simmer 2 hours, or until beans, peas, or lentils are soft. Drain, reserving liquid. Remove salt pork and chop or puree vegetables. Combine with liquid and add any additional seasonings desired. Reheat and serve with croutons, crackers, or Soup Toasties.

These soups will vary slightly in thickness. If too thick, thin with milk, bouillon cube dissolved in water, or vegetable stock. If too thin, thicken slightly with flour and water paste.

Ham bone, bacon, or bacon rind, or left-over gravy may be used instead of salt pork. Ham or chicken stock or some tomato may be used for part of liquid. Adjust amount of salt as necessary; little will be needed with ham stock or bone. Left-over cooked vegetables may be used for added flavor.

Good Flavor Combinations

BEAN SOUP. For added seasonings, use chili powder and parsley; or sage and celery tops; or paprika and nutmeg. Serve with bits of broiled bacon, lemon slices, diced hard-cooked egg, or parsley.

PEA SOUP. For added seasonings, use carrot and a little sauerkraut; or mustard and paprika. Serve with grated carrots, thinly sliced frankfurts, minced ham, chives, or parsley.

LENTIL SOUP. For added seasonings, use lemon juice and celery salt; chili powder; or sage. Serve with slices of hard-cooked egg, lemon, or grated cheese.

MAIN DISHES WITHOUT MEAT

“One happy way to cope with the meat shortage is to serve more meatless meals—good ones! Egg dishes, fish, cereal, cheese, and vegetable combinations the family likes. Here is a top-notch collection, all hearty and satisfying, and all equal to their job, too, when it comes to supplying good protein and many other meat values.”

Crispy Baked Eggs

1 tablespoon melted butter or bacon fat
2 cups Corn Toasties, Grape-Nuts Flakes, or Post’s 40% Bran Flakes
6 eggs
1/2 teaspoon salt
Dash of pepper

1. Pour butter over cereal flakes and toss lightly to distribute evenly.
2. Arrange flakes to form a nest in each section of greased muffin pan.
3. Break eggs carefully, slipping one into each nest. Sprinkle with salt and pepper.
4. Bake in slow oven (325° F.) 20 minutes, or until eggs are firm. To serve, loosen with knife and lift out gently onto plate. Makes 6 servings. (By using bacon fat for flavor with crisp flakes, this makes an excellent bacon-and-egg dish.)

Or bake in greased shallow baking dish. Place flakes in bottom of pan; make 6 depressions; and break an egg into each.

Serve plain or with bacon or ham. Makes 6 servings.

Crispy Baked Eggs with Cheese. Mix 1/2 cup grated American cheese with flakes and butter, or sprinkle on tops of eggs before baking.

Crispy Tomato Baked Eggs. Place 1 tablespoon tomato ketchup or 2 tablespoons thick tomato soup in each nest before adding eggs.