FOOD RATIONED DURING WWII:

Sugar ........................................ May 1942 — 1947
Coffee ........................................ November 1942 — July 1943
Processed foods .......................... March 1943 — August 1945
Meats, canned fish ..................... March 1943 — November 1945
Cheese, canned milk, fats ............ March 1943 — November 1945

DISCUSSION QUESTIONS FOR RATIONING:

How would you feel if you went to the store and the clerk said, “Sorry, no meat today?”

How do you think people felt during World War II?

Why was rationing important during WWII?

How would your meals change if you had to limit sugar, coffee, processed foods, meats, canned fish, cheese, canned milk, fats?

What would you eat instead?
CHOCOLATE POTATO CAKE

2 1/2 c. flour 1 c. shortening 4 squares melted chocolate
3 t. baking powder 2 c. sugar 1 c. warm, mashed potato
1 t. cinnamon 3 eggs 1 c. chopped nuts
1/2 t. cloves 3/4 c. milk

Sift dry ingredients together. Cream the shortening. Cream in the sugar. Beat in the whole eggs one at a time. Beat well after each egg is added. Add the dry ingredients alternatively with the milk. Stir in the melted chocolate, mashed potatoes and nuts. Beat until batter is smooth. Pour into large greased sheet cake pan. Bake at 350 degrees, 40 to 50 minutes. Ice with Chocolate Cream Icing.

CHOCOLATE CREAM ICING

1 egg yolk 1 t. vanilla extract
3/4 c. cream 2 squares melted chocolate
1 T. melted margarine or butter Boiling water
2 c. confectioner's sugar

Beat egg yolk, cream and margarine together. Stir in confectioner's sugar. Add vanilla, chocolate and enough boiling water to make icing the right consistency to spread.