



Wartime Rations

During the First and Second World Wars, Canadians were asked to make do with less to allow more resources to be sent to troops overseas. To make sure no one used too much of certain foods, people were issued food ration books like this one. To buy food, you used the stamps inside. Each one was for a specific food and could be used only during a specific period. It was illegal to share or trade ration coupons - with a penalty of \$5000 or two years in jail if you disobeyed! Since foods like sugar, eggs, meat, coffee and chocolate were limited (aka rationed), homemakers created innovative ways to make new meals that did not use as much of these ingredients but still tasted good, like the cake recipe below.



Why was rationing important during WWII?

How would you feel if you went to the store and the clerk said, "Sorry, we have no meat today"?

How would your meals change if you had to limit sugar, meats, cheese, milk and butter?

What would you eat instead?

CHOCOLATE CAKE RECIPE (NO MILK, NO EGG, NO BUTTER)

Unlike most cake recipes, this recipe doesn't include rationed foods like eggs, milk, and butter. It does include sugar, which was also rationed. But, for a special occasion, a family might save their sugar or share with another family to have enough to bake a cake. *Recipe - Veterans Affairs Canada*

Ask an adult to pre-heat the oven to 350 degrees F.

In a 20 cm (8-inch) square pan put:

- 375 ml (1 ½ cups) all purpose flour
- 5 ml (1 teaspoon) of baking powder
- 250 ml (1 cup) of granulated sugar
- 2.5 ml (½ teaspoon) of cinnamon
- 5 ml (1 teaspoon) of baking soda
- 2.5 ml (½ teaspoon) of salt
- 45 ml (3 tablespoons) of cocoa powder (not instant cocoa drink mix)

Add to the pan:

- 5 ml (1 teaspoon) of vanilla extract
- 15 ml (1 tablespoon) of white vinegar
- 75 ml (5 tablespoons) of vegetable oil
- 250 ml (1 cup) of lukewarm water

