



Conservation in the First World War

Ohio Memory Interactive Lesson—www.ohiomemory.org

After nearly three years of intense fighting following the onset of World War I, America's European allies were facing starvation. Many European farms became battlefields or were simply left untended when farmers reported for military service. On August 10, 1917, just a few months after the United States entered the war, the U.S. Food Administration was created to manage the wartime food supply, with Herbert Hoover heading the organization after successfully leading international relief efforts in Belgium that fed the nation. This program pushed a voluntary food rationing program, and slogans such as "Wheatless Wednesdays" and "Every Kitchen is an Ammunition Factory" were propagated all over the American home front. Most Americans followed these wartime rules and programs.



[Walter Wolski and his family](#) raised \$200 worth of produce and canned over 200 jars of fruits and vegetables.



Issued by the National War Garden Commission, this World War I [poster](#) encourages Americans to can and dry home-grown produce.





Activity 1

Propaganda was one of the means used to encourage Americans to ration food. Using search terms such as "propaganda posters," "advertisement," "ration," "conserve" and "food," look through the [World War I in Ohio Collection](#) on [Ohio Memory](#) and find four examples of propaganda encouraging Americans to contribute to the war effort by conserving resources on the home front. Analyze the source material and answer the questions below for each example. (<http://www.ohiomemory.org/cdm/landingpage/collection/p16007coll51>)

Example 1

Who is the advertisement targeting?

What is the advertisement trying to accomplish?

Do you think this was effective? Why or why not?

In what way does this poster show how life was different from life lived today?

Example 2

Who is the advertisement targeting?

What is the advertisement trying to accomplish?

Do you think this was effective? Why or why not?





In what way does this poster show how life was different from life lived today?

Example 3

Who is the advertisement targeting?

What is the advertisement trying to accomplish?

Do you think this was effective? Why or why not?

In what way does this poster show how life was different from life lived today?

Example 4

Who is the advertisement targeting?

What is the advertisement trying to accomplish?

Do you think this was effective? Why or why not?

In what way does this poster show how life was different from life lived today?





Reflection

What are some similarities between the examples you found?

In what ways do you see modern advertisements work to accomplish similar goals?

Activity 2

During the war, the Ohio Defense Council released a bulletin published by local newspapers which informed Ohioans on matters related to the war, including local efforts to support the war, general wartime updates, and casualties. Civilians were expected to be informed about the war, especially about how they could support the war effort. Read the bulletin provided in the link below and answer the following questions related to resources during the war.

<http://www.ohiomemory.org/cdm/compoundobject/collection/p16007coll51/id/141/rec/1>

Questions

What is a "work or fight" order?

What is an old-fashioned threshing dinner?

Why were women encouraged to enroll in the U.S. Student Nurse Reserve?





What is one way the U.S. government thought Americans wasted food?

How does this issue of the daily bulletin pressure Ohioans into conserving food?

What are some foods for which the government asked people to reduce their consumption or find a substitute?

Reflection

National and local media and government bodies used the idea of a unified America, with soldiers fighting overseas while civilians led the fight on the home front, to encourage participation in food conservation programs. How does this connect to ideas about Americanization described in the bulletin?





Activity 3

It is October 1917, and the United States is currently at war. You and your family of five have established a small, yet successful, war garden.

Using the information provided, create a meal plan for you and your whole family that will cover one week. Your seven day plan should include at least three square meals a day. Do not forget to utilize the fruits and vegetables from your victory garden, and remember to closely follow the conservation days established by the U.S. Food Administration labeled on your calendar (see end of packet).

I. **Victory Garden**

These are the fruits and vegetables you're growing in your victory garden:

Corn	Potatoes	Tomatoes	Onions
Carrots	Cabbage	Strawberries	Blackberries

II. **Canning**

Using the provided canning manual, choose which vegetables from your garden you are going to can. Plan which day you are going to do the canning, and make certain you are adhering to the calendar of restrictions.

<http://www.ohiomemory.org/cdm/ref/collection/p16007coll51/id/756>

III. **Meal Plan**

Use the provided calendar to create a meal plan (breakfast, lunch and dinner) for your family of five for the week. Remember to follow the restrictions for each day. Having trouble thinking of recipes? Use the recipe guide to find popular wartime recipes (see end of packet)!

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1917

CALENDAR YEAR

OCTOBER

CALENDAR MONTH

MONDAY

FIRST DAY OF WEEK

Monday

Tuesday


Wednesday

Thursday

Friday

Saturday

Sunday

No Wheat 01	No Sugar 02	No Wheat 03	Use Vegetables 04	No Red Meat 05	No Cooking Fuel 06	No Sugar 07
						
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Midday Meal	Midday Meal	Midday Meal	Midday Meal	Midday Meal	Midday Meal	Midday Meal
Supper	Supper	Supper	Supper	Supper	Supper	Supper
Extra Food This Day	Extra Food This Day	Extra Food This Day	Extra Food This Day	Extra Food This Day	Extra Food This Day	Extra Food This Day

Recipes

Braised Beef

3 lbs beef from lower part of round or face of rump	2 thin slices fat salt pork
Carrot 1/4 cup each, cut in dice	Celery
Turnip	1/2 teaspoon peppercorns
Onion	Salt and pepper

Try out pork and remove scraps. Wipe meat, sprinkle with salt and pepper, dredge with flour, and brown entire surface in pork fat. When turning meat, avoid piercing with fork or skewer, which allows the inner juices to escape. Place on trivet in deep granite pan or in earthen pudding-dish, and surround with vegetables, peppercorns, and three cups boiling water; cover closely, and bake four hours in very slow oven, basting every half-hour, and turning after second hour. Throughout the cooking, the liquid should be kept below the boiling-point. Serve with horseradish sauce, or with sauce made from liquor in pan.

Beef Stew with Dumplings

Aitchbone, weighing 5 lbs	Turnip 2/3 cup each, cut in half-inch cubes
1/2 small onion, cut in thin slices	Carrot
4 cups potatoes, cut in 1/4 inch slices	Salt
1/4 cup flour	Pepper

Wipe meat, remove from bone, cut in one and one-half inch cubes, sprinkle with salt and pepper, and dredge with flour. Cut some of the fat in small pieces and try out in frying-pan. Add meat and stir constantly, that the surface may be quickly seared. When well browned, put in kettle, and rinse frying-pan with boiling water, that none of the goodness may be lost. Add remaining fat to meat, and bone sawed in slices; cover with boiling water and boil five minutes, then cook at a lower temperature until meat is tender (time required being about three hours). Add carrot, turnip and onion, with salt and pepper the last hour of cooking. Parboil potatoes five minutes, and add to stew fifteen minutes before taking from fire. Remove bones, large pieces of fat, and then skim. Thicken with one-fourth cup flour, diluted with enough cold water to pour easily. Pour in deep hot platter, and surround with dumplings. Remnants of roast beef are usually made into a beef stew; the meat having been once cooked, there is no necessity of browning it. If gravy is left, it should be added to the stew.

Corned Beef

Corned beef has but little nutritive value. It is used to give variety to our diet in summer, when fresh meats prove too stimulating. It is eaten by the workingman to give bulk to his food. The best pieces of corned beef are the rattle rand and fancy brisket. The fancy brisket commands a higher price and may be easily told from the rattle rand by the selvage on lower side and the absence of bones. The upper end of brisket (butt end) is thick and composed mostly of lean meat, the middle cut has more fat but is not well mixed, while the lower (navel end) has a large quantity of fat. The rattle rand contains a thick lean end; the second cut contains three distinct layers of meat and fat, and is considered the best cut by those who prefer meat well streaked with fat. The rattle rand has a thin end, which contains but one layer of lean meat and much fat, and consequently is not a desirable piece.

To boil corned beef, wipe the meat and tie securely in shape (if this has not been already done at market). Put in kettle, cover with cold water, and bring slowly to boiling-point. Boil five minutes, remove scum, and cook at a lower temperature until tender. Cool slightly in water in which it was cooked, remove to a dish, cover, and place on cover a weight, that meat may be well pressed. The lean meat and fat may be separated and put in alternate layers in a bread pan, then covered and pressed.

Oyster Stuffing

1 cup cracker crumbs	1/2 tablespoon finely chopped parsley
1 1/2 teaspoons lemon juice	1/2 teaspoon salt
1/4 cup melted butter	1/8 teaspoon pepper 1 cup oysters

Add seasonings and butter to cracker crumbs. Clean oysters, and remove tough muscles; add soft parts to mixture, with two tablespoons oyster liquor to moisten.

Boiled Salmon

Clean and boil as directed in Ways of Cooking Fish. Place on a hot platter, remove skin, and garnish with slices of lemon and parsley. Serve with Egg Sauce I or II, or Hollandaise Sauce

Oyster and Macaroni Croquettes

1/3 cup macaroni, broken in 1/2 inch pieces	1/2 teaspoon lemon juice
Few grains cayenne	1 cup Thick White Sauce
Few grains mace	1/4 cup grated cheese
1 pint oysters	

Cook macaroni in boiling salted water until soft, drain in a colander, and pour over macaroni two cups cold water. Clean and parboil oysters, remove tough muscles, and cut soft parts in pieces. Reserve one-half cup oyster liquor and use in making Thick White Sauce in place of all milk. Mix macaroni and oysters, add Thick White Sauce and seasonings. Spread on a plate to cool. Shape, dip in crumbs, egg, and crumbs, again, fry in deep fat, and drain.

Chicken Croquettes

1 3/4 cups chopped cold cooked fowl	1 teaspoon finely chopped parsley
1 teaspoon lemon juice	1/4 teaspoon celery salt
Few drops onion juice	Few grains cayenne
1/2 teaspoon salt	1 cup Thick White Sauce

Mix ingredients in order given. Cool, shape, crumb, and fry same as other croquettes. White meat of fowl absorbs more sauce than dark meat. This must be remembered if dark meat alone is used. Croquette mixtures should always be as soft as can be conveniently handled, when croquettes will be soft and creamy inside.

Devilled Oysters

1 pint oysters	2/3 cup milk
1/2 tablespoon finely chopped parsley	Few grains cayenne
1/4 cup butter	Yolk 1 egg
1/4 cup flour	1 teaspoon lemon juice
1/2 teaspoon salt	Buttered cracker crumbs

Clean, drain, and slightly chop oysters. Make a sauce of butter, flour, and milk; add egg yolk, seasonings, and oysters. Arrange buttered scallop shells in a dripping-pan, half fill with mixture, cover with buttered crumbs, and bake twelve to fifteen minutes in a hot oven. Deep oyster shells may be used in place of scallop shells.

Apple Brown Betty

(Adapted from the "Sweets Without Sugar" pamphlet distributed by the Federal Food Board of New York in 1918)

5 medium apples	1 1/2 tablespoons lemon juice
1 1/4 cups bread crumbs	5 tablespoons dark corn syrup
4 tablespoons of melted butter or cooking fat	1/2 teaspoon salt
1/4 cup hot water	1/2 teaspoon cinnamon

Grease a glass or ceramic baking dish and preheat oven to 350° F. Pare the apples and cut them into thin slices. Toss the bread crumbs with the melted fat in a small bowl. In a separate bowl, mix the hot water, lemon juice, corn syrup, salt and cinnamon together. Distribute a third of the bread crumb mixture into the bottom of the greased dish and top with half of the sliced apples and half of the liquid. Repeat with another layer of bread crumbs, apples and liquid and top with the remaining bread crumbs. Bake in the oven for 45 minutes.