



Hard Times in America!



The Great Depression was one of the most trying times in American history. This period started after World War I and lasted until 1941. Many families lost their homes and businesses in the Depression because of the stock market crash. Mothers had to be very creative in the kitchen to make the little food they had stretch to feed a whole family. People ate lots of soup and hard, crusty bread that they dipped in the watery soup. Butter and sugar were luxuries, so cooks figured out how to make do with other ingredients like mayonnaise, molasses, and bacon grease!

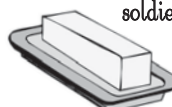
War Cake - Depression Cake

Preheat a toaster oven to 350 degrees F. Grease a square cake pan and set aside. Beat 3/4 cup molasses and 1/4 rendered chicken fat or vegetable oil in a bowl with egg beater until fluffy. Add 1 1/4 cups unsifted all-purpose flour, 1 cup corn flour, 1 cup milk, 4 teaspoons baking powder 2 teaspoons cinnamon, 1/2 teaspoon salt, and 1/4 teaspoon ground cloves, stirring until smooth. Mix in 1 cup dark raisins. Spoon into pan and bake about 45 minutes or until center springs back when pressed. Cool and serve.

Cut out

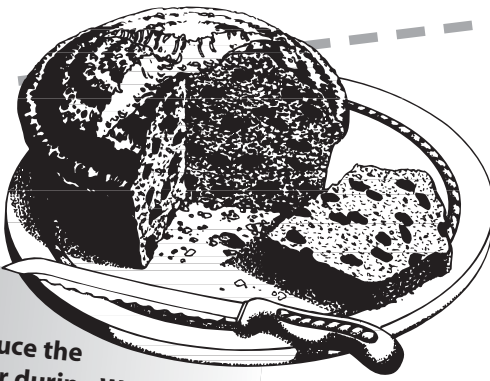
Substitute and Replace

World War I forced the women left at home to find substitutes for staples like butter and eggs. The author of a 1918 cookbook warned cooks to reduce their use of fats so that there would be enough for the soldiers, and for glycerine needed to make ammunition! The Depression years continued the trend to use mayonnaise for butter and eggs, and molasses in place of sugar.



Creative Cooking

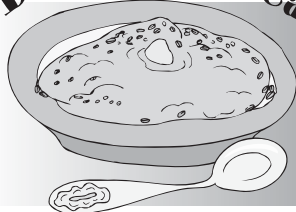
Sugar was another item needed overseas during the war. It was used as a cheap form of energy for the troops. In place of sugar, cooks used molasses, honey, or corn syrup. If wheat was scarce, they substituted barley, oats or corn; for butter, cooks turned to vegetable oil.



Patriotic Applesauce

Applesauce cakes became another patriotic way to reduce the use of butter, eggs, and sugar during World War I. The use of applesauce was popular in the 1920s and 1930s and reappeared again in the 1990s when Americans wanted to reduce their fat intake.

Daily Oatmeal



Families living through the Depression usually ate plain oatmeal or toast for breakfast.

Schools stayed open during the Depression, but boys often dropped out to look for jobs or beg for food or money. Some children had to give up their classes because they simply had no decent clothes to wear!

School Times

