



HOMEMAKER'S WAR GUIDE

PLAN

Plan wisely, shop carefully. Look for selling prices, pay no more. Weigh weights and measure. Carry your own bundles. Save money in pay taxes and BUY WAR BONDS.

MEALS

Save your health. The Government food guide recommends these essential foods for everyone every day:

MEAT & MEAT PRODUCTS: At least a pint a day (more for children) or cheese or cottage cheese.

FRUITS & VEGETABLES: In season when possible. At least one a day: oranges, tomatoes, grapefruit, raw cabbage, salad greens, green or yellow vegetables, some raw, some cooked.

BUTTER & SPREADS: Use rich in vitamins and should be served at every meal.

EGGS: 2 or 4 weekly per person.

GRAIN: At least 6 glasses every day.

MEAT, poultry or fish: Only one serving a day.

RATIONING

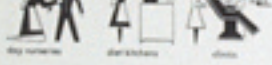
MEAT: The fighting forces need meat. Make yours go further. Write to U.S. Dept. of Agriculture, Wash., D. C., for the booklet "10 Ways to Stretch the Meat".

SUGAR: Get the government's "Get Free booklet 'Recipes to Stretch Your Sugar Ration' from your Regional or State Office of Price Administration.

SPARE TIME WAR ACTIVITIES

Send it to your Civilian Defense Volunteer Office.

Many women are now working in war plants. Take their place by helping all you can in:



CONSERVE

Buy only what you need. Make what you have last longer. Keep everything in good repair. Wastefulness is wasteful.

FOOD

When you shop, ask for "Victory Food Specials" recommended by the U. S. Dept. of Agriculture. You will help save foods for our fighting forces.

RUBBER:

Rubber will last longer if washed frequently.

Wash in warm water and mild soap. Dry and store in cool, dark place. Don't store in hot, light place.

POTS & PANS

Never block air surfaces of pots. Don't stack until dry. Heat better, longer through shiny surface.

FUEL

Put in air in windows. Wash after spraying. Close off unused rooms.

Wear warm clothes. Use less hot water. Get along with fewer lights.

CLOTHING

Keep clean and mended. Mend and repair. Make over and substitute.

SALVAGE

Save what you can. Use what you have. Buy what you need. Buy what you can.

FATS

All government-issued cooking oil, grease, and tallow are made from waste.

Strain through fine mesh to get out lumps. Keep in cool place. Reheat when you have time to use.

DON'T

Waste a lot of fat or oil. Kitchen sink normally used for cooking.

RUBBER



METALS



To save an individual only in certain cities. Before using them, check with your local Salvage Committee.

RAGS



HOW TO GET RID OF JUNK

1. DONATE to community scrap collection.
2. Sell to junk dealer.
3. BUY BONDS and other program activities.
4. SEND TO WAR COLLECTOR, local branches, will advise you in home areas.

★ If you have about any items call your local Salvage Committee. ★ Scrap is bought by dealers, who are the only qualified agents to grade, sort, process and ship it into war production channels. ★ Don't call for a collector until you have at least 100 pounds of salvage material. Try to take your own scrap to local dealer or collector center. Get the address to work for listing.

AIR RAID PROTECTION

AIR RAID WARDEN: Name _____ Address _____ Tel. _____
BLOCK LEADER: Name _____ Address _____ Tel. _____

<p>PREPARE</p> <p>Ready in ten minutes. Approach an air raid shelter.</p> <p>Closest to shelter means safe. Don't walk with shoes and few minutes.</p> <p>Make your first air raid shelter signal.</p> <p>Always empty shelter of the family in special job.</p>	<p>STAY HOME</p> <p>The safest place is an air raid shelter.</p> <p>Stay off the streets and away from all glass.</p> <p>If driving, park out of the town off lights. Make sure that house downwind of air raid shelter is covered. Don't shelter.</p> <p>Do not use your car as a shelter. Use only if you have no other shelter. Do not use your car as a shelter. Do not use your car as a shelter.</p>	<p>BLACKOUT</p> <p>At night and complete black out will help find the enemy.</p> <p>A candle light may be seen for miles from the air.</p> <p>Do not use your car as a shelter. Use only if you have no other shelter. Do not use your car as a shelter.</p>	<p>BOMBS</p> <p>The enemy may use their airplanes for bombs.</p> <p>Flights in an unobstructed place with a lot of room. Area service having only one emergency food supply. Don't use your car as a shelter. Do not use your car as a shelter.</p>	<p>BLOCK PLAN</p> <p>Your block is part of the war plan for the home front.</p> <p>Your Block leader can tell you other duties and get you in other spots. Use a long length line to block. Do not use your car as a shelter. Do not use your car as a shelter.</p>
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VICTORY BEGINS AT HOME ★ DO YOUR PART

"Homemaker's War Guide" poster (1941-1945)
 Office of War Information
 National Archives and Records Administration

GET IN THE SCRAP!



"Get in The Scrap!" poster (1941-1945)
Office of War Information
National Archives and Record Administration

HOW MILEAGE IS RATIONED

The basic ration for passenger cars



"A" DRIVERS
MUST DISPLAY
THIS STICKER

A ration for holders of passenger car registration cards. Each page of 8 coupons is valid for 2 months.

The gallon value of the coupons is fixed by the Office of Price Administration.

The A ration is designed to provide an average of 240 miles per month; of this 150 miles is for occupational use and 90 miles is for family convenience. This is based on average of 15 miles per gallon.

Supplemental ration for passenger cars



"B" DRIVERS
DISPLAY ONLY
THIS STICKER

An extra ration for those who must drive more than 150 miles a month for occupational purposes. This ration allows a maximum of 470 miles a month for such purposes.

Holders of B books must carry 3 or more passengers or prove that they cannot, and that other transportation is inadequate.

B drivers receive A and B rations. The B book contains 16 coupons and is valid for 3 to 12 months depending on proven needs.

Supplemental ration for essential passenger cars



"C" DRIVERS
DISPLAY ONLY
THIS STICKER

An extra ration for special classes of drivers whose work is most essential to the war effort and who must use their cars more than 470 miles a month for occupational purposes.

C books are valid for 3 months.

Qualified applicants receive both A and C books, providing them with enough gasoline for proven occupational use.

The ration for motorcycles



MILEAGE RATION
NO STICKER
FOR
"D" DRIVERS

A ration for holders of motorcycle registration cards. Coupons are good until July 22, 1943.

The D ration is designed to provide an average of 240 miles per month, 150 miles for occupational use, 90 miles for family convenience.

Supplemental D books are issued for proven needs in the same way as B or C books.

T The transport ration for all commercial vehicles (except motorcycles) and military vehicles. They receive a T ration but no A ration.

E The E and R books provide a ration for non-highway equipment and purposes. The E book is for small users, the R for large users.

TO QUALIFY FOR MILEAGE RATIONS, YOU MUST COMPLY WITH TIRE REGULATIONS

U. S. GOVERNMENT PRINTING OFFICE: 1942

OFFICE OF PRICE ADMINISTRATION, WASHINGTON, D. C. NOVEMBER, 1942



"Civilian Defense Week Woodrow Wilson High School Display" image (1941-1945)
Office of War Information
Library of Congress

FOLD BACK + FOLD BACK

Certificate of Registrar

This is to Certify that pursuant to the Rationing Orders and Regulations administered by the OFFICE OF PRICE ADMINISTRATION, an agency of the United States Government,

(Name, Address, and Description of person to whom the book is issued.)

Wheat
(Last name)
630
(Street No. or P. O. Box No.)
Piquette
(City or town)
Cochran
(County)
Michigan
(State)
Blanchard Margaret
(Middle name)

5 ft. 4 1/2 in. (Height) 102 lbs. (Weight) Blue Brown (Color of hair) 40 yrs. (Age) Sex (Male Female
has been issued the attached War Ration Stamps this 7 day of March 1942, upon the basis of an application signed by himself , herself , or on his or her behalf by his or her husband , wife , father , mother , or other . (Check one.)

Local Board No. 55-2 County Michigan State Ohio
Ethel M. ... (Signature)

Stamps must not be detached except in the presence of the retailer, his employee, or person authorized by him to make delivery.

WAR RATION STAMP 28	WAR RATION STAMP 22	WAR RATION STAMP 20	WAR RATION STAMP 19
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No. 9 Oct 81

SQUARE MEALS ■ ON SHORT RATIONS

*how to
adapt
your family's meals to
wartime conditions*

*based on the Government's
Official Food Rules*

by

DEMETRIA M. TAYLOR

Author of

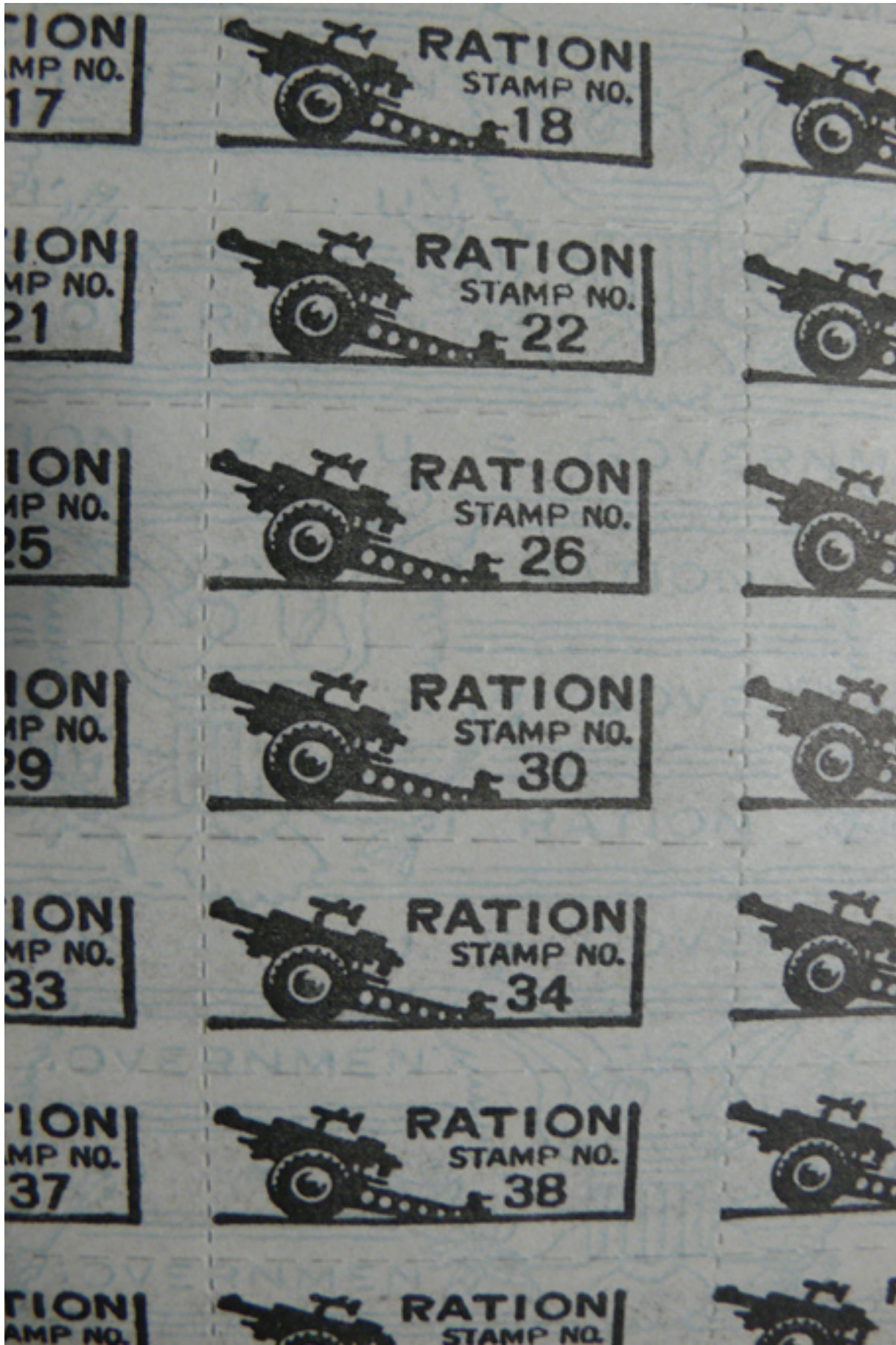
THE DAY BY DAY COOK BOOK
(with Gertrude Lynn)

THE NUTRITION HANDBOOK
THE COMPLETE BOOK OF HOME CANNING



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HOME GUIDE PUBLICATIONS, 51 East 42nd Street, New York City



Ration Stamps from War Ration Book Number 3 (detail) (1943)
Office of Price Administration
Private Collection