



# ONE WEEK'S BUDGET

FOR A FAMILY OF FIVE

**I**S your family eating more than the proportionate amounts of the several kinds of food set forth in this pamphlet?

The food situation makes it imperative that such foods as are needed to maintain physical efficiency should be consumed only in sufficient, and not in excessive, quantities. Do not help the Hun at meal time.

Compare this budget with your own.

A study of this will convince you that it is possible to conserve  
Beef, Bacon, Fats and Wheat

GIVING THE FAMILY SUFFICIENT FOOD  
AND SAVING FOR THE SOLDIERS  
AND THE ALLIES OVERSEAS

ISSUED UNDER AUTHORITY OF

THE CANADA FOOD BOARD

OTTAWA, 1918



CANADA, FOOD BOARD.

One week.

Unca +

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Cookery

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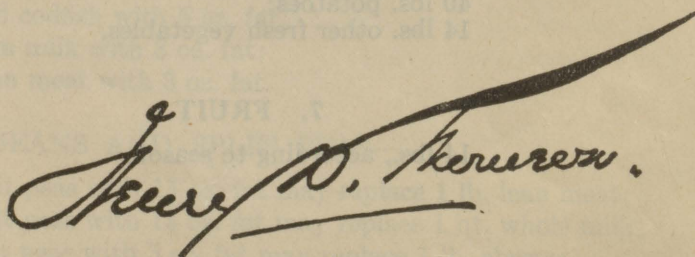
# THE CALL TO CANADA FOR FOOD SERVICE

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**D**URING the next four or five months food conservation on this Continent and among their own people must be the sole hope of the Allied nations in Europe and of friendly neutrals. Stocks are dangerously depleted, particularly in the case of cereals and meats. The problem is to "stretch" these supplies over the interval until this year's crops are harvested. We must also do our utmost to help our Allies over the next few months when starvation will be threatening them dangerously.

**I**N Great Britain, in France, in Italy, the people are alive to the situation. They know something of what the next few months will mean. Their spirit was expressed by Lord Charles Beresford the other day when he said "We are tightening our belts and we are going to win."

**C**ANADIANS, too, must tighten their belts and help the Allies to win. Use should be made on this Continent of every available substitute for wheat, beef and pork. Upon our food service depends the very lives of thousands of women and children in the Allied countries.

A large, stylized handwritten signature in dark ink, reading "Henry D. Thuermer". The signature is written in a cursive style with a long, sweeping underline.

Chairman, Canada Food Board.



**F**OLLOWING is a budget for a family of five: A man and his wife at moderate work; a boy of 12 years; and two other children of 9 and 3 years respectively. This food will provide adequate nourishment for one week. According to well-known authorities, it allows sufficient material for body-building as well as energy for the various activities of the family.

**1. MEAT AND MEAT SUBSTITUTES.**

4 lbs. lean meat;  
2 lbs. fresh fish;  
1 lb. salt fish;  
1 doz. eggs;  
1 lb. cheese;  
2 lbs. dried beans or split peas.

**2. FATS.**

2 lbs. butter or oleomargarine;  
1 lb. cooking fat.

**3. MILK.**

7 quarts whole milk.

**4. SUGARS.**

3 lbs. sugar;  
1 lb. corn syrup, molasses or honey.

**5. CEREAL PRODUCTS.**

10 lbs. flour;  
10 lbs. cereals in other forms.

**6. FRESH VEGETABLES.**

40 lbs. potatoes;  
14 lbs. other fresh vegetables.

**7. FRUIT.**

14 lbs., according to season.



## 1. MEAT AND MEAT SUBSTITUTES.

### 4 Lbs. LEAN MEAT.—

This weight does not include bone and fat. When these are purchased with the lean, the weight ordered should be increased accordingly. If much fat is attached to the meat, the order for cooking fat should be lessened.

As we are asked to conserve beef and pork of all kinds for overseas, these should be avoided when possible.

When obtainable, considerable variety is possible with mutton, sausage, poultry, rabbit, game, tongue, heart, liver, kidneys and sweetbreads.

### 2 Lbs. FRESH FISH.—

This may be any fresh caught or frozen fresh fish, e.g., cod, mackerel, herring, white fish, skate, lake trout, hake, pollock, etc.

### 1 Lb. SALT FISH.—

Salt codfish, finnan haddie, red herring, etc.

### 1 DOZ. EGGS.—

These may be replaced by—

2½ pints whole milk with ½ lb. frozen or fresh fish;  
or 2 qts. buttermilk with 1½ oz. fat;  
or 2 qts. skim milk with 1½ oz. fat;  
or 8 oz. cheese with 6 oz. frozen or fresh fish;  
or 1¼ lbs. frozen or fresh herring with 1 oz. fat;  
or 4 oz. dried codfish with 3 oz. fat.

### 1 Lb. CHEESE—

This may be replaced by—

6½ pints whole milk;  
or 2 lbs. fresh or frozen fish with 5 oz. fat;  
or 4 oz. dried codfish with 5 oz. fat;  
or 4 qts. skim milk with 3 oz. fat;  
or 1½ lbs. lean meat with 3 oz. fat.

### 2 Lbs. DRIED BEANS AND SPLIT PEAS—

12 oz. split peas with 1½ oz. fat may replace 1 lb. lean meat;  
5 oz. split peas with 1½ oz. fat may replace 1 qt. whole milk;  
1 lb. split peas with 5 oz. fat may replace 1 lb. cheese;  
12 oz. split peas with 1½ oz. fat may replace 1 doz. eggs;  
15 oz. dried beans with 1¼ oz. fat may replace 1 lb. lean meat;  
6 oz. dried beans with 1½ oz. fat may replace 1 qt. whole milk;  
1½ oz. dried beans with 1½ oz. fat may replace 1 doz. eggs;  
1¼ oz. dried beans with 5½ oz. fat may replace 1 lb. cheese.



## 2. FATS.

MARGARINE AND BUTTER.—These are interchangeable as regards fat content.

COOKING FATS may include dripping, rendered fats, and commercial cooking fats and oils. These may replace butter or margarine if about one-eighth less is used. Butter and margarine contain water and do not go as far.

Children should not be deprived of butter unless furnished with plenty of milk.

## 3. MILK.

1 QT. WHOLE MILK.—This may be replaced by—

- 1 qt. skim milk with  $1\frac{1}{2}$  oz. fat;
- or 1 qt. buttermilk with  $1\frac{1}{2}$  oz. fat;
- or 1 qt. sour milk with  $1\frac{1}{2}$  oz. fat;
- or  $6\frac{1}{2}$  oz. lean beef.

Whole milk is much better for children than meat.

Condensed milk will not replace fresh milk for children.

## 4. SUGAR.

Corn syrup, honey, and molasses may replace sugar if one-quarter more is used.

As we are asked to conserve sugar for overseas, corn syrup should be substituted wherever possible.

## 5. CEREAL PRODUCTS.

10 LBS. FLOURS.—

These include wheat, rye, barley, oats, corn and buckwheat flours.

Great variety of bread is possible by substituting for part of the wheat flour one or more of the others. Whenever obtainable the other flours should be used freely.

Potato flour and cornstarch will not replace the other flours, but may be used for cakes and thickening liquids.

As we are asked to conserve wheat for overseas every effort should be made to secure other flours.

10 LBS. CEREALS IN OTHER FORMS.—

These include oatmeal, rolled oats, white cornmeal, yellow cornmeal, barley and rye meals and rice.

These may be used for breakfast cereals, but much also may be used for breads and cakes, puddings and pancakes, e.g., oatcake, corn breads, buckwheat muffins, barley scones, rice pancakes.

If bread is purchased deduct 10 oz. flour for each pound of bread bought.

NOTE—The above replacement quantities are not exact equivalents, but they are near enough for practical use in providing for variety and economy.



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1918

# SUBDUE the SUBMARINE by

- SUBSTITUTING Economy for Waste  
SUBSTITUTING Co-operation for Criticism  
SUBSTITUTING Knowledge of Prices  
for Gossip about Profits  
SUBSTITUTING Cornmeal and Oatmeal  
for White Flour  
SUBSTITUTING Fish for Beef and Bacon  
SUBSTITUTING Vegetable Oils for Animal Fats  
SUBSTITUTING the Garden Hoe for the Golf-Stick  
SUBSTITUTING Performance for Argument  
SUBSTITUTING Service for Sneers  
SUBSTITUTING Patriotic Push for Peevish Puerilities  
SUBSTITUTING Perishable for Preservable Foods  
SUBSTITUTING Greater Production  
for a German Peace  
SUBSTITUTING the Beef you do not eat  
for the Rifle you cannot carry  
SUBSTITUTING Conservation for Conversation  
SUBSTITUTING Common Sense for Common Gossip  
SUBSTITUTING Marketing for Telephoning  
SUBSTITUTING Production for Pessimism

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# SUBDUCE the SUBMARINE

substituting Economy for Waste  
substituting Co-operation for Competition  
substituting Knowledge of Prices  
for Gossip about Profits  
substituting Commercial and Casual  
for White Flour  
substituting Fish for Beef and Bacon  
substituting Vegetable Oils for Animal Fats  
substituting the Garden Hoe for the Golf Stick  
substituting Performance for Argument  
substituting Service for Goods  
substituting Patriotic Fash for Peculiar Fashions  
substituting Perishable for Perishable Foods  
substituting Greater Production  
for a German Peace  
substituting the Hoe for the Hoe  
for the Rifle you cannot carry  
substituting Conversation for Conversation  
substituting Commonsense for Common Gossip  
substituting Marketing for Telephoning  
substituting Production for Production