

## Women - WWII - Rationing - Primary Source

What can you learn by looking at these rationing booklets?

THINGS YOU SHOULD KNOW	CE QUE VOUS DEVEZ SAVOIR
<p>1st—Each coupon in this book has an effective date. It cannot be used before that date, but you may use it any time after that date.</p> <p>2nd—On each sheet, use the coupon marked "1" first, the coupon marked "2" second, etc.</p> <p>3rd—Write down and put away in a safe place, the serial number of your ration book. If you lose it, you must be able to give its number before you can get a new one.</p>	<p>1.—Chaque coupon dans ce carnet doit être utilisé à compter d'une certaine date. Il est inutilisable avant cette date, mais vous pouvez vous en servir n'importe quand après.</p> <p>2.—De chaque feuillet, détachez d'abord le coupon portant le numéro "1", puis le coupon numéro "2" et ainsi de suite.</p> <p>3.—Ecrivez et mettez en lieu sûr le numéro de série de votre carnet. S'il vous arrive de perdre ce carnet, il vous faudra donner le numéro de série avant d'en obtenir un autre.</p>

Avery

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<p>FOR YOUR PROTECTION, KEEP THE ADDRESS AND TELEPHONE NUMBER ON YOUR RATION BOOK UP-TO-DATE.</p>	<p>IL EST DE VOTRE INTÉRÊT QUE L'ADRESSE ET LE NUMÉRO DE TÉLÉPHONE QUI APPARAISSENT SUR VOTRE CARNET SOIENT TOUJOURS CORRECTS.</p>
<p>• When returning Ration Book to Ration Administration, show reason by an X in square below:</p>	<p>• Lorsque vous retournez un carnet au Service du rationnement indiquez-en la raison au moyen d'un X dans l'un des carrés ci-dessous:</p>
<p><input type="checkbox"/> Book found <input type="checkbox"/> Book-holder dead <input type="checkbox"/> Has joined Armed Forces <input type="checkbox"/> Left Canada</p>	<p><input type="checkbox"/> Carnet trouvé <input type="checkbox"/> Détenteur décédé <input type="checkbox"/> Détenteur enrôlé <input type="checkbox"/> Détenteur a quitté le Canada</p>
<p>• Advise your Local Ration Board when:</p>	<p>• Notifiez votre Comité local de rationnement lorsque:</p>
<p>You wish to report a lost, or badly damaged Ration Book.</p>	<p>Vous voulez faire part qu'un carnet de rationnement a été perdu ou fortement endommagé.</p>
<p>• Take your Ration Book with you when travelling. It is good anywhere in Canada.</p>	<p>• Votre carnet est valable partout au Canada; apportez-le lorsque vous voyagez.</p>
<p>ISSUED BY THE RATION ADMINISTRATION— WARTIME PRICES AND TRADE BOARD Box 250, Station "B", Montreal</p>	<p>ÉMIS PAR LE SERVICE DU RATIONNEMENT LA COMMISSION DES PRIX ET DU COMMERCE EN TEMPS DE GUERRE Case postale 250, "Station B", Montréal</p>

## INSTRUCTIONS

- 1** This book is valuable. Do not lose it.
  - 2** Each stamp authorizes you to purchase rationed goods in the quantities and at the times designated by the Office of Price Administration. Without the stamps you will be unable to purchase those goods.
  - 3** Detailed instructions concerning the use of the book and the stamps will be issued. Watch for those instructions so that you will know how to use your book and stamps. Your Local War Price and Rationing Board can give you full information.
  - 4** Do not throw this book away when all of the stamps have been used, or when the time for their use has expired. You may be required to present this book when you apply for subsequent books.
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Rationing is a vital part of your country's war effort. Any attempt to violate the rules is an effort to deny someone his share and will create hardship and help the enemy.

This book is your Government's assurance of your right to buy your fair share of certain goods made scarce by war. Price ceilings have also been established for your protection. Dealers must post these prices conspicuously. Don't pay more.

Give your whole support to rationing and thereby conserve our vital goods. Be guided by the rule:

*"If you don't need it, DON'T BUY IT."*

## Women – WWII - Rationing

During wartime periods many commodities shrink in supply. Therefore, the logic behind consumer rationing is that it ensures equitable distribution of life necessities that fall short in supply. Consumer rationing had become a trend due to Canada's commitment to Great Britain and its war effort. For example, the needs of the armed forces and excessive transportation and shipping costs put a strain on the Canadian economy. Thus, consumer rationing had become necessary. Supply shortages in 1942 forced the Canadian government to adopt consumer rationing techniques. In this year, tea, sugar, butter, meat, fruit based products and even gasoline underwent rationing.

Each Canadian was entitled to the following rations:

- Tea and/or Coffee: 1.5 ounces of tea or 5.5 ounces of coffee per week.
- Sugar: Half a pound per week as well as special seasonal allowances for housewives.
- Butter: Half a pound per week.
- Meat: Up to 2.5 pounds per week depending on the type of meat.
- Canned salmon: 1 meat coupon per week worth  $\frac{1}{4}$  pound.
- Jam, jelly, syrup, canned fruit, etc.
- Commercial vehicles: ration tailored to meet company needs.

Ration booklets were issued to single adults and families. Each book carried coupons or tokens that could be used for shopping. Coupons and tokens were torn out of the ration book in the presence of the storekeeper. It was illegal for a storekeeper to accept single, loose coupons. Only the people to whom the books were issued were allowed to use the coupons and, misuse of the ration

The list of rationed goods in Canada was kept as short as possible. Rationing only affected foods that were widely used on a daily basis. In some cases, foods that were in desperate shortage were not even rationed. One of the reasons for such a regulation was to prevent administrative backlog. It was difficult to administer rationing in a huge country with a widely scattered population.

Another reason for rationing was related to transportation. Foods that were rationed were the foods that were scarce to Canadians due to limited transportation. As transport conditions improved however, rations were adjusted as some food products became more available and thus rationing

became less necessary. One of the reasons for the greater abundance of food was due to the fact that food products destined for Europe had to be re-distributed at home simply because Atlantic shipping was overloaded. Thus, decreased rationing (due to greater availability of food) meant greater consumption for that particular food product.

Other reasons for food rationing were related to economic stability. Rationing slowed and regulated spending. This meant that a greater percentage of Canada's national income could be used towards the war effort. Because of effective rationing, Canada did not have to borrow money from other countries in order to finance its war expenses. For example, gasoline rationing and the eradication of private car manufacturing meant greater conservation of commodities - commodities that were short in supply in other countries. One such product was rubber, considered a precious and rare commodity at the time.

*How did women help with rationing?*

*How did rationing help the war effort?*