

Weekly Meal-Stretcher Planner

Plan the week from the book, copy each recipe's real cost from its "What This Cost" box, and add it up before you shop — so the week holds no surprises.

DAY	WHAT WE'RE MAKING	PAGE	SERVES	COST / SERVING 1933 · TODAY	MEAL COST TODAY
Mon	_____				
Tue	_____				
Wed	_____				
Thu	_____				
Fri	_____				
Sat	_____				
Sun	_____				

This week, in today's money

Add the seven meal costs down the right-hand column.

\$

...and what it would have cost in 1933

Add the seven 1933 figures — the gap is the whole point.

¢

How to use it: pick seven recipes, jot each one's page and its cost-per-serving straight from the book's cost box, then total the week. Example — The Stretched Meatloaf feeds six at about **\$1.40 a serving today** (about 4¢ in 1933). Lean on the beans, oats, and one-pot suppers to bring the week's number down.

Costs are the ones printed in each recipe's "What This Cost — 1933 and Today" box in The Depression Era Cookbook. Nothing to calculate on a screen — a pencil does the whole job.

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— Hazel Calloway

1933 Pantry, Today's Supermarket

The backbone of this whole book is a short list of cheap staples. Here it is, mapped to the aisles you'll actually walk — with then-and-now prices, and a blank for what it costs where you live.

	STAPLE	TODAY'S AISLE	1933	TODAY	YOUR PRICE
☐	Dried navy beans	Dry beans & legumes	~5¢/lb*	~\$1.70/lb	_____
☐	Rolled oats	Cereal & breakfast	~6¢/lb*	~\$0.90/lb	_____
☐	Rice	Rice & grains	~7¢/lb*	~\$0.90/lb	_____
☐	Cornmeal	Baking aisle	~3½¢/lb*	~\$0.90/lb	_____
☐	All-purpose flour	Baking aisle	~4¢/lb	~\$0.55/lb	_____
☐	White sugar	Baking aisle	~5¢/lb	~\$1.03/lb	_____
☐	Molasses	Baking & syrups	~8¢/12oz*	~\$4.50	_____
☐	Lard or shortening	Baking & oils	~15¢/lb*	~\$4.50/lb	_____
☐	Butter	Dairy case	~25¢/lb	~\$4.35/lb	_____
☐	Eggs, 1 dozen	Dairy case	29¢	~\$2.19	_____
☐	Milk, 1 quart	Dairy case	~11¢	~\$0.92	_____
☐	Potatoes	Produce	~2¢/lb	~\$0.87/lb	_____
☐	Cabbage	Produce	~3¢/lb*	~\$0.80/lb	_____
☐	Onions	Produce	~4¢/lb*	~\$1.10/lb	_____
☐	Canned tomatoes	Canned vegetables	~10¢/can*	~\$1.80/can	_____
☐	Bacon or salt pork	Meat & pork	16–23¢/lb	~\$5–6.50/lb	_____

Stock these and you can cook most of this book. The beans, oats, cornmeal, and eggs are the true meal-stretchers — a few dollars of them feeds a family for days.

1933 prices from period records (BLS Bulletin 635 and dated grocery ads); figures marked * are careful estimates. Today's prices are recent U.S. city averages. The book's "A Note on the Numbers" explains the method in full.

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