



# A LOOK INTO KIT'S WORLD

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Los Angeles

ADAM  
STEVE  
RISING

Two Sisters Open  
a Bakery on Pico



Remains Law  
Battle for

The News

All the News That  
Fit to Print

THE NATIONALS  
AND SECURITY

CHICAGO VELOCHES  
FIRST PARIS RACE

# OVERVIEW

- The Great Depression spanned 1929-1941 and remains the worst economic downturn in American history. This long period of economic distress was created by unregulated speculation in the 1920s. This led to the stock market crash of 1929 and also a series of Banking Crises in 1930 and 1931. The Federal Reserve's inaction created a perfect storm for this situation.
- Negligent farming practices in America's heartland caused incredible storms giving the area the name "The Dust Bowl". It also caused crop shortages which in turn caused food shortages and inflation.
- In 1933, FDR signed into law the Glass-Steagall Act to protect consumers from bank speculation. It separated investment banks from commercial banking. This act was overturned in the 1990s by Bill Clinton. By the time FDR signed the act, over 12 million Americans were unemployed.
- "Hoovervilles" or shantytowns popped up overnight. Food lines and free school lunches were utilized by more Americans than ever.
- FDR's New Deal created what is referred to as "Alphabet Agencies" like the AAA, the CCC, the TVA, and more. These agencies not only provided much needed services but also employment for many.
- Despite so much strife the 1930s was a time of artistic explosion. The decade was responsible for many iconic film, radio, literature, art, and fashion moments.



# BLACK AMERICANS AND THE GREAT DEPRESSION

The deep inequality and systemic racism that exist in every system in America meant that the miseries of the Great Depression hit African-Americans much harder than their white counterparts.

- According to the Library of Congress by 1932 (just two years in) nearly HALF of Black Americans had been laid off or lost their source of income.
- In cities, white co-workers petitioned employers to fire their black co-workers first.
- Black workers in rural settings faced just as dire circumstances. According to PBS, two-thirds of the two million black farmers either earned no profit or went into debt.
- Many who had held jobs or professions that typically had been held by Black Americans found themselves being pushed out so that White Americans could be hired instead.
- While many White Americans received debt relief, food, and more, the government believed “that African Americans did not need the help.” This worsened the gap between already higher levels of poverty and malnutrition among Black Americans.

## *Intensifying of Violence*

- Racial violence surged during this time period which led to the deaths of 38 black men and boys in one year alone at the hands of mob violence.
- Klan membership soared as white men became angry about the economic situation they found themselves in.
- Violent threats of disenfranchisement and mass eviction were also occurring simultaneously.

## *The Importance of Community*

- Black Americans turned to their communities for help. Black churches, social, and political orders aided those in need.
- Fannie Peck created the Housewives' League of Detroit in 1930. This league's mission was to help uplift and protect black-owned businesses. During the Great Depression, the organization had over 10,000 members and branches in other Northern cities. This is not too dissimilar to the black-owned business movement during the 2020 George Floyd protests.
- Grassroot movements like Fannie Peck's helped provided aid for the ailing community in the form of supplying food, rent funds, and clothing to people in need. They worked with The Communist Party to help protest evictions and power shut-offs. Black women also organized meat boycotts with the goal of lowering inflation and raising meat prices.
- It is important to note that Black American efforts and work helped ALL Americans. White Americans had Black grassroots movements to thank for aid.

## *A Shift in Politics*

- Traditionally, Black voters had consistently voted Republican. Republicans had been the Party of Lincoln and Southern Democrats had traditionally been conservative segregationists. Though the New Deal and FDR changed this though.
- Despite this FDR signed the Social Security Act which exclude many Black Americans by creating clauses that would exclude farm and domestic workers from receiving benefits. This targeted two fields that primarily trades for many black people in America. This meant that 87% percent of Black women and 55% of Black workers total were prevented by systemic racism from accessing social security. It was a systemic attack that was meant to keep Black Americans in poverty.
- The Public Works Administration (PWA) also began to build housing projects for lower-income individuals as a way to tackle racial inequality. Though did this by creating segregated housing.
- In the 1930s, FDR had an “unofficial” cabinet of black leaders and advisors. Mary McLeod Bethune, leader and founder of the National Council of Negro Women was one of the integral figures in the shift that led black voters from the Republican Party to the Democratic Party. McLeod Bathune was personal friends with First Lady Elenor Roosevelt. This friendship led to Roosevelt's support of Anti-Lynching bills, getting rid of poll taxes, and increased support for black schools.

## *Increased Visibility*

- The 1930s was the beginning of mass visibility projects that began to combat racism and stereotypes in American media and history.
- Minstrelsy and blackface were a part of American media and culture at the time. It sought to dehumanize and make Black Americans subjects of racial ridicule. In 1933, Disney released the cartoon *Mickey's Mellerdrama* which saw Mickey and Minnie in blackface performing a stage adaptation of Harriet Beecher Stowe's *Uncle Tom's Cabin*, a problematic white abolitionist novel that heavily relied on problematic stereotypes of black enslaved people and reinforced dangerous myths like "The Good Slavemaster" etc.
- FWP (Federal Writers Project) funded a project which sent writers to talk to and record the lives of formerly enslaved people to make sure these narratives were not lost to time. That being said most of the interviews were conducted by white interviewers and many black historians discuss how this did affect the narratives as formerly enslaved people did not feel comfortable sharing as much as they would have if the interviews were conducted by black interviewers.
- FTP (Federal Theater Project) allowed black artists to stage plays written by and for black people on subjects of racial inequality, the Haitian Revolution, all-black productions of *Macbeth*, and more.
- FSA (Federal Security Administration) funded a project which sent photographers across the country to photograph Americans from all walks of life. Black photographers like Gordon Parks used this opportunity to combat racial stereotypes and imagery that were rampant in American culture at the time.



# NATIVE AMERICANS AND THE GREAT DEPRESSION

- FDR's presidency attempted to repair the ways that the American government had targeted Native Americans in a brutal, racist manner. Native Americans were subjected to forcible removal from their land, privatization of their land, state-sanctioned biomedical terrorism, and residential schools that sought to end Native American culture and history. It is important to note that people who lived through residential schools are still alive to this day and the damage they have done to Native cultures is incalculable.
- In 1934, FDR signed the Indian Reorganization Act which sought to give back lands to natives under the jurisdiction of local tribes. A lot of modern-day policy still hinges on this act. While it has been painted to be a win for native peoples, some modern-day natives say that it was the government's last attempt at assimilation. Here are some criticisms from native perspectives of the IRA
  - Good or Bad? Indian Reorganization Act Turns 75
  - Native History of the Native New Deal (from the Kootenai perspective, the Kootenai are the native peoples of present-day Montana)
  - Tegheya Kte talks about the effects of the IRA of 1934 on tribal governance
- A common criticism, like the ones voiced by Vernon Finley of the Kootenai and Tegheya Kte of the Lakota in the videos above, is that the IRA failed to understand the cultural governing practices of native tribes and instead replaced them with the framework of western-style sovereign governments.
- Native Americans had their own branch of the CCC (Civilian Conservation Corps) called the CCC ID (Civilian Conservation Corps Indian Division) which focused on native conservation projects and was managed by sovereign tribal governments.

# RESOURCES AND CITED SOURCES

*Used sources will have an astrick next to them.*

## GENERAL SOURCES

- Library of Congress \*
- Oxford Encyclopedia: American History\*
- National Archives\*
- The Living New Deal \*
- UCSD Native American Lib Guide
- The State Library of New Jersey Guide to The Great Depression of African Americans
- Federal Reserve
- FDR Presidential Museum

## SPECIFIC CITED SOURCES

- The CCC Indian Divison
- Women's Biographies\*
- The History of Black Face and Disney \*
- What Was The Native New Deal \*
- Was the New Deal Racist? \*

# FASHION OF THE 1930S

## *GENERAL*

- Economic downturns have always influenced fashion trends. With the stock market crash gone were the knee-length hems and more “masculine” style for women. These stark periods often ring in conservatism in morals, thinking, and dressing, so we women return to lower hemlines and ultra-feminine styles. Silk, chiffons, and slinky garments were all the rage for evening wear and structured suits were suitable day wear.
- Hollywood starlets had made visible makeup part of the routine of many women. Women very light had worn powder, and rouge, and had darkened their eyelashes and eyebrows with burnt cork and cloves. The make-up industry as we know was born in the 1920s and 1930s. Green, blue, and smokey eyes became all the rage. Red and pink lipsticks were popular. Unlike today women used mainly "pancake" or powdered foundation. Cake mascara and blushes were also in vogue.
- Designers like the unconventionally chic Elsa Schiaparelli and controversial Coco Chanel rose to prominence during this decade.
- The 1920s had changed the way classes affected dress. Men of all backgrounds donned suits, some every day. Those who worked jobs that required manual labor still donned suits outside the workplace. Menswear became more casual as for the first time men were wearing sweaters as casual wear in everyday life.
- What Hollywood starlets wore on the screen influenced the fashion for everyday Americans. Women looked to Joan Crawford, Jean Harlow, Marlene Dietrich, and Catherine Hepburn as influences. Men looked to Cary Grant, Clark Gable, and Humphrey Bogart.

## WHAT KIT WOULD HAVE WORN

- For most of history, the concept of children's clothes did not exist. By the 1930s, that had changed. Knee length and just above the knee were common for girls' clothing with knee socks being worn with skirts and dresses. Rounded Peter Pan collars, plaids, florals, and cotton were in. Young girls still did not commonly wear pants as of yet even though film stars like Katherine Hepburn and Marlene Dietrich had made them popular amongst women. Common accessories for girls included bows, berets, and crocheted clouch-like hats (like the one Kit wears). Mary Janes, Oxfords, and lace-up ankle boots were popular footwear for girls.
- Young boys typically wore shorts even with suits. They transitioned to pants as they got older. Which they wore with crew neck sweaters or collared shirts. Boys could also sometimes wear overalls or other "work attire" when it was appropriate.
- Sailor or nautical style clothing had become popular among adults and children alike. Children would still sometimes wear "sailor suits."



# FASHION RESOURCES AND CITED SOURCES

*Used sources will have an astrick next to them.*

## GENERAL SOURCES

- [Costume Gala Fashion Plate Collection](#)
- [FIT Fashion Timeline\\*](#)
- [The Met Costume Institute](#)
- [The Met Menswear Plate Collection](#)
- [The Smithsonian](#)
- [Kyoto Costume Institute](#)
- [André Fashion Illustrations Archive from NYPL](#)

## MAKEUP & FASHION VIDEO

- [English Heritage 1930s Makeup Tutorial](#)
- [History of Makeup](#)
- [Learning Beauty Tips from the 1930s](#)
- [Makeup History: 1930s](#)
- [1930s Makeup Timelapse](#)

## VINTAGE MAKEUP & FASHION VIDEO SOURCES

- [1930s Eyebrow Tutorial](#)
- [Max Factor Makeup](#)
- [Vintage 1930 Skincare & Makeup Tutorial](#)
- [How to Create a 1930s Look](#)
- [Vintage Fashion Show](#)
- [Vintage 1930s Shoes](#)
- [Vintage Style Guide](#)
- [What Men Wore in the 1930s](#)
- [1930s Street Style](#)

*During the  
Great*

*Depression,  
the movies*

*offered a  
place of  
escapism.*



# MEDIA & MUSIC OF THE 1930S

## GENERAL

- The 1930s are often called *Hollywood's Golden Age* as it dominated pop culture and heavily influence mainstream trends. Radio had just as much influence and was apart of people's everyday life. During this time it also became more commercial.
- Film and Radio were essential bits of escapism for many Americans during this time period. Radio was free and movies only cost 10 cents for a matinee or sometimes two empty milk bottles
- By the end of the 1930s over 38 million American households had a radio. Westerns and romantic soaps like *Our Gal Sunday* were popular radio shows, but perhaps the most infamous was H.G. Wells radio broadcast of his *War of the Worlds*. It started with a mock newscast announcing "Martians have invaded New Jersey!" Media and news outlets have reported for years that some people thought that this was a real broadcast and fled in panic, but many debate if this is true or just a story cooked up by radio station producers.
- By 1930s, swing jazz dominated the airwaves. Jazz, like most American musical genres, was invented by African-Americans. Louis Armstrong, Count Basie, Jelly Roll Morton, Duke Ellington, Bessie Smith, and Ethel Morton were legendary Jazz performers who music inspired the creation of the genres of Rock, Pop, R&B, and more.

# MEDIA RESOURCES AND CITED SOURCES

*Used sources will have an astrick next to them.*

## MOVIE SOURCES

- [The Kennedy Center](#) \*
- [Library of Congress](#) \*
- [The Academy of Motion Pictures Arts Museum](#)

## RADIO SOURCES

- [The Smithsonian War of The Worlds](#)
- [NPR 75 Years After The War of the Worlds](#)
- [American Public Media History of Radio](#)
- [PBS Radio in the 1930s](#)

## MUSIC SOURCES

- [NYPL Jazz Resources](#)
- [NYPL Louis Armstrong Oral Project](#)
- [The Smithsonian Jazz Project](#)



# FILM LIST

## FAMILY FILMS SET IN 1930S

- *All Dogs Go To Heaven* (1989)
- *Annie* (1977)
- *Kit Kittredge: An American Girl* (2008)

## FILMS SET IN THE 1930S

- *Amelia Earheart: The Final Flight* (1994)
- *Double Indemnity* (1944)
- *Fried Green Tomatoes* (1991)
- *Hyde Park on Hudson* (2012)
- *Mame* (1974)
- *Modern Times* (1936)
- *Of Mice and Men* (1939)
- *Singin' in the Rain* (1952)
- *The Color Purple* (1985)
- *The Glass Menagerie* (1973)
- *The Grapes of Wrath* (1940)
- *To Kill a Mockingbird* (1962)

## FILMS KIT MIGHT HAVE SEEN IN THEATERS

- *A Star is Born* (1937)
- *King Kong* (1933)
- *It Happened One Night* (1934)
- *Little Women* (1933)
- *Snow White and the Seven Dwarfs* (1937)
- *Swing Time* (1936)
- *The Adventures of Robin Hood* (1938)
- *The Scarlett Pimpernell* (1934)
- *The Wizard of Oz* (1939)

# BOOK LIST

## WHAT KIT WOULD HAVE READ

- *Anne of Green Gables* by L.M. Montgomery
- *A Little Princess* by Frances Hodgson Burnett
- *Little House in the Big Woods* by Laura Ingalls Wilder
- *Nancy Drew: Nancy's Mysterious Letter* by Carolyn Keene
- *Nancy Drew: Mystery at Lilac Inn* by Carolyn Keene
- *Nancy Drew: Password to Larkspur Lake* by Carolyn Keene
- *Nancy Drew: The Bungalow Mystery* by Carolyn Keene
- *Nancy Drew: The Clue of The Broken Locket* by Carolyn Keene
- *Nancy Drew: The Clue in The Old Diary* by Carolyn Keene
- *Nancy Drew: The Hidden Staircase* by Carolyn Keene
- *Nancy Drew: The Secret of the Old Clock* by Carolyn Keene
- *Nancy Drew: The Secret of Red Gate Farm* by Carolyn Keene
- *Nancy Drew: The Secret of Shadow Ranch* by Carolyn Keene
- *Nancy Drew: The Sign of Twisted Candles* by Carolyn Keene
- *The Boxcar Children* by Gertrude Chandler Warner
- *The Secret Garden* by Frances Hodgson Burnett
- *The Wonderful Wizard of Oz* by L. Frank Baum
- *Thimble Summer* by Elizabeth Enwright

## STORIES SET IN KIT'S WORLD

### *Young Adult/Children's Fiction*

- *Al Capone Does My Shirts* by Gennifer Choldenko
- *Ballet Shoes* by Noel Streatfeild
- *Bud, Not Buddy* by Christopher Paul Curtis
- *Dear America: Christmas After All: The Great Depression Diary of Minnie Swift, Indianapolis, Indiana, 1932* by Kathryn Lasky
- *Dear America: Survival in the Storm: The Dust Bowl Diary of Grace Edwards* by Katelan Janke
- *Esperanza Rising* by Pam Muñoz Ryan
- *Out of the Dust* by Karen Hesse
- *The Mighty Miss Malone* by Christopher Paul Curtis

## ADULT FICTION

- *Fried Green Tomatoes at the Whistle Stop Cafe* by Fannie Flagg
- *Modern Girls* By Jennifer S. Brown
- *Not Without Laughter* by Langston Hughes's
- *Rules of Civility* by Amor Towles
- *The Color Purple* by Alice Walker
- *The Four Winds* by Kristin Hannah
- *The Grapes of Wrath* by John Steinbeck
- *The Third Life of Grange Copeland* By Alice Walker
- *The Truth According to Us* by Annie Barrows
- *West with Giraffes* by Lynda Rutledge
- *When Stars Rain Down* by Angela Jackson Brown

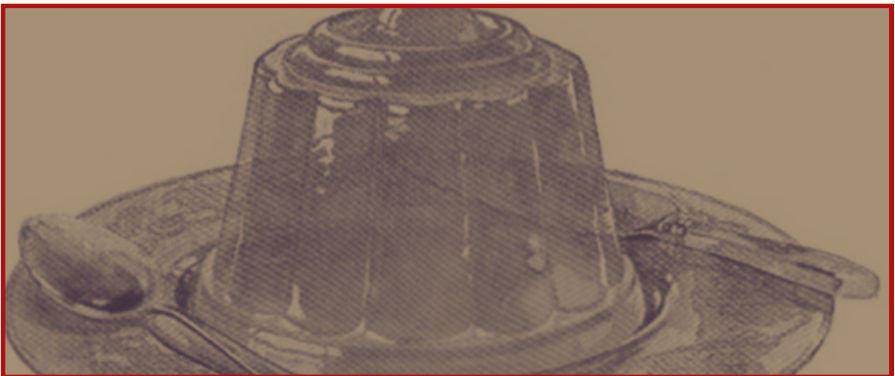
## NON-FICTION

- *A Square Meal: A Culinary History of the Great Depression* by Jane Ziegelman, Andrew Coe
- *Broadcast Hysteria: Orson Welles's War of the Worlds and the Art of Fake News* by A. Brad Schwartz
- *Hammer and Hoe: Alabama Communists During the Great Depression* by Robin D.G. Kelley
- *Hard Times* by Studs Terkel
- *Portrait of America: A Cultural History of the Federal Writers' Project* by Jarrold Hirsch
- *Pullman Porters and the Rise of Protest Politics in Black America, 1925-1945* by Beth Tompkins Bates
- *The Devil in the White City: Murder, Magic, and Madness at the Fair That Changed America* by Erik Larson
- *The Worst Hard Time: The Untold Story of Those Who Survived the Great American Dust Bowl* by Timothy Egan

## COOKBOOKS

- *Aunt Sammy's Recipe Revised* (1931)
- *Frozen Desserts* (1933)\*
- *Macy's Cookbook and Kitchen Guide for Busy Women* (1932)
- *The Settlement Cook Book* (1936)

*\*includes non dessert and frozen recipes*



*The 1930s fundamentally shifted the nation's relationship with food.*

# FOOD CULTURE OF THE 1930S

## *Agricultural Practices*

- The food that Kit had access to was rapidly changing in ways she could have never predicted due to agricultural issues like The Dust Bowl. Although Kit grew up in the confines of a middle-class neighborhood in the city of Cincinnati, she still would have been affected by agricultural issues.
- The Great Depression led to the creation of many social security nets and many need-based institutions which are still used today such as Social Security, the Civilian Conservation Corps, the Civilian Works Administration, and more. The era led to the creation of Food Stamps and massive subsidies for farmers.
- Additionally, Roosevelt had the herculean task of trying to convince farmers not to overproduce. Overproduction due to lack of government regulation of crop prices after WW1 is ultimately what caused the Dust Bowl. For years, white settlers abandoned sustainable farming practices in favor of profit. This meant that farmers were forced to grow crops that made the most amount of money on every inch of their land which meant that they stopped practicing crop rotation. A practice that prevents the depletion of the nutrients in the soil. Farmers had no choice but to take measures in order to survive. Additionally, new agricultural farming technology meant that farmers were forced to invest in expensive equipment at their own cost, only further compounding the problem of unregulated crop prices and lack of government subsidies for farmers.
- Dangerous farming practices and drought in “America's Heartland” compounded the already soaring costs of food. The intensely capitalist mindset of growth at all costs had taken its toll.

## *Great Depression Cooking*

Due to rising food costs, shortages, and unemployment, the food practices of the Great Depression drastically changed the way people ate and their relationship to food. It changed the way we eat in America and Kit's relationship with food would have been drastically different from her parents and her grandparents. Kit's father's loss of the car dealership and subsequent unemployment is the first time Kit faces food instability. At one point, Kit volunteers in a soup kitchen and realizes that this is a reality she and her family could potentially face in the future.

- Jane Zieglman, culinary director at The Tenement Museum and co-author of *A Square Meal* states that the Great Depression marks the beginning of modern food culture in America. It also marks the beginning of the government running nutritional campaigns. The US government started distributing legumes as a plant-based protein alternative and created campaigns to teach women how to cook with them.
- The practice of the fortification of food began during the 20th century in the United States in which government agencies added certain nutrients to processed foods to combat widespread health issues. In 1924 iodine was added to table salt to help prevent goiters. The government began to fortify more foods with vitamins to combat rampant malnutrition. The World Health Organization cites that 1933 is the year that Vitamin D was added to mass-produced milk.
- Canned foods and other preserved foods became food staples for everyday Americans. Some even took to foraging and growing kitchen gardens. Staples like butter, eggs, and milk were rationed.



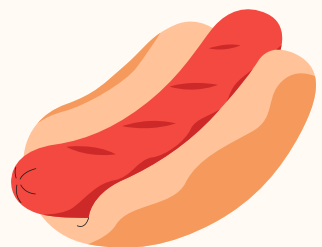


- Although food from the Great Depression is much maligned, many modern staples such as Meatloaf are recipes of the era. Meatloaf used minced beef from cheaper cuts of meat and extenders such as stale bread, inexpensive vegetables like onions, carrots, garlic, and celery, and shelf-stable ingredients to flavor like Ketchup and Worcestershire Sauce.
- A bowl of cereal became an inexpensive and popular meal for breakfast for many. It might be possible to trace America's love of cereal to this time period.



- Capitalism also took advantage of the food market at the time by placing marketing recipes on labels to market to women. Want to make a pie but you do not have access to butter or sugar for it? Nabisco has the answer! Use their graham crackers instead. Need a binding agent? Nabisco has a shortening that takes the place of butter.

- Processed meats like hot dogs, chipped beef, corned beef, and SPAM became part of the American diet.



## *White Supremacy, Xenophobia, and Food*

- As a first lady, Elenor Roosevelt started a campaign to teach Americans “how to eat” during the Great Depression. Zeigelmen and Coe quoted in *The Atlantic* that Roosevelt tried to tie morality and her own personal values to diet. She felt that the “ideal healthy diet” was based on self-denial. These ideals are tied to white supremacist thinking. Spices were labeled as stimulants and occupied the same space as caffeine and illicit substances. The belief was not based on science but rather on the idea that ingredients like pepper and garlic would cause people to be more nervous or “make people even hungrier” according to Andrew Coe, co-author of *A Square Meal*. In addition to this, Roosevelt's diet sought to demonize immigrant cuisine, labeling it “unhealthy” or “dangerous.” Ironically, diets like the ones eaten by Italian immigrants were far healthier and tastier than Roosevelt’s which relied heavily on processed meats and “dairy heavy veggie casseroles”
- The idea that nutrition had to be bland and practical was en vogue amongst white Americans. The government was behind this message and so we see the rise of recipes that purposefully make food bland and unexciting. Andrew Coe, a co-author of *A Square Meal*, said in an interview with NPR that

*“But this spaghetti you were supposed to cook for 25 minutes. So already we're starting out with the mushy texture. And then you boil carrots until they're incredibly soft, and then you make a white sauce, which was the sauce which is poured over everything for budget meals during the Great Depression. It's a mixture of milk, flour, salt, and either butter or margarine, with maybe a little bit of pepper. So it's like a thick and creamy sauce, and you mix all these ingredients into a tray and bake it, and you have a kind of thick, mushy, bland casserole. Bland is really the operative word here. It does not have much flavor, and it wasn't really supposed to have much flavor. What it was was a vehicle for nutrition and nutrients, but it wasn't supposed to make you excited about food.”*



- This is also an era of expansion for school lunches. A typical menu in a New York city school might be a vegetable soup, a sandwich, milk, and a dessert like pudding.



*Check out the next couple of pages for a mock school lunch menu and recipes to try 1930s cooking for yourself!*

- Xenophobia was rampant in the food culture of the 1930s and heavily tied into nationalism. For example, Italian immigrants had more balanced diets than others, but their diets were dismissed for containing too much flavor and undesirable foods. Zieglman via NPR says that Italian women would forage the neighborhood for dandelions to make nutritious staples such as Dandelion green salad. Their diets also were not as high in processed red meats instead they ate more fish and vegetables like eggplant. They were flavor full and packed with essential vitamins.



## *Necessity is the mother of invention*

- Despite nationwide food insecurity, the 1930s is responsible for many food innovations. One of the being the invention of the Ritz cracker in 1934. The Ritz cracker was a pantry staple for many. It is the star of the famed Mock Apple Pie recipe which contains no apples at all but instead uses Ritz crackers as a substitution for the fruit.
- Food science and mass production gave us such snacks
  - Skippy Peanut Butter also hit the market and quickly became a budget-friendly and easy staple.
  - Toll House gave us the chocolate chip cookie which was popularized with the invention of Nestle Chocolate Chips. The recipe was printed on the back of their bag of chocolate chips.
  - Spam
  - Kraft Mac and Cheese
  - Snickers
  - Fritos and Potato Chips from Lay's
  - Hostess beloved American icon, the Twinkie was made for the first time.
- This was also the first time in history that Girl Scouts of America outsourced their cookie fundraisers to commercial bakeries.
- Irma S. Rombauer *The Joy of Cooking* is published for the first time. This cookbook was revolutionary and changed Americans' relationship with cooking. It is still in print today.



# RESOURCES AND CITED SOURCES

*Used sources will have an astrick next to them.*

## GENERAL SOURCES

- [Breadlines Knee-Deep in Wheat\\*](#)
- [National Drought Mitigation Center at the University of Nebraska\\*](#)
- [University of North Carolina Great Depression Nutrition Lib Guide](#)
- [Depression Era Foods from Mashed](#)

## SPECIFIC CITED SOURCES

- [Creamed, Canned And Frozen: How The Great Depression Revamped U.S. Diets\\*](#)
- [History of American Snack Foods\\*](#)
- [History of Fortified Food from the NIH\\*](#)
- [From Budget Fare to Culinary Inspiration, the History of Meatloaf](#)

## VIDEO SOURCES

- [Crash Course: The Great Depression](#)
- [Crash Course: The New Deal](#)
- [Great Depression Cooking](#)
- [National Archives](#)
- [Poorman's Meal from Emmymade](#)
- [Stories from the Great Depression from the National Archive](#)

# RECIPE LINKS/PREP LIST

## BREAKFAST

*Cream of Wheat-*

Follow package instructions. Add butter and sugar to your desire.

*Fresh Baked Corn Muffin-*

*Peppers, Potatoes & Eggs with Homemade Bread -*

Recipes are linked above.

## LUNCH

*Lima Bean Soup with Ham Bone*

*Spaghetti with Onions and Red Sauce*

*Homemade Rolls*

*Split Pea Soup (On Page 30)*

*Jell-O Stove Pudding-*

Prepare according to package. Chocolate and Vanilla were popular flavors, but Butterscotch, Pistachio, Egg, Coconut, and more.

## DINNER

*Johnny Marzetti (On Page 29)*

*Poorman's Feast*

*Dandelion Salad*

## DESSERT

Mock Apple Pie

Water Pie

# JANE ANN'S "JOHNNY MARZETTI"

1 lb ground beef  
1 lb green peppers, diced  
1 stalk of celery, diced (can omit if you do not like)  
1 carrot, peeled whole  
1 lbs onions, diced  
2-3 cloves garlic, minced  
2 containers Baby Bella mushrooms  
2 tsp dried oregano  
2 tsp basil  
Red Pepper flakes, add to taste. I like to use a hefty pinch.  
1 can tomato paste  
2 cans tomato sauce (14-15oz)  
1 can fire-roasted Italian diced tomatoes  
1 can black olives, sliced  
1/2 lb shredded cheddar cheese  
2 boxes dry elbow macaroni

## Step 1

Preheat the oven to 350 Fahrenheit. Prep a large casserole dish.

## Step 2

Bring salted water to boil.

## Step 3

On medium/high heat, add oil and sauté peppers, mushrooms, celery, and onions till soft and onions are translucent. Season with salt and pepper. Add garlic. Adjust to your preference. Then add ground beef. Let it sit on the bottom of the pan undisturbed for 3-4 mins so that it can brown. Break up the meat and cook until there is no pink left. Drain off excess grease. Season with salt and pepper.

## **Step 4**

Create a hole in the middle of your meat and vegetable mixture. Add the can of tomato paste. Let the paste cook for a minute or two. Careful not to burn it, cooking caramelizes the paste.

## **Step 5**

Mix it all together. Season with salt, pepper, red pepper flakes, oregano, and basil. Let the mixture cook for 2-3 minutes, then add the diced tomatoes and the tomato sauce. Season with salt and pepper. Add the carrot here (to sweeten the sauce, you will remove it later) and bring to a gentle simmer. Let it thicken up. It should take 10-20 minutes.

## **Step 6**

While the sauce thickens, cook pasta following the instructions on the box. You want it to be al dente. Save some of the pasta water. Drain and put it back in the pot.

## **Step 7**

Remove sauce from heat and remove the carrot. Carefully, add the meat sauce mixture and the olives to the noodles and stir.

## **Step 8**

Then in the casserole dish layer the noodles with a generous sprinkle of cheddar cheese. Keep layering until you reach the top and added a nice layer of cheese at the top.

## **Step 9**

Bake for 30-40 mins. The cheese should be melted and bubbling. Alternatively, you can toss it under the broiler for a min or two to brown the cheese. Let it sit for 10 mins covered in foil and then serve with salad.

# GRACE'S DEPRESSION ERA PEA SOUP

This soup is from Paul, whose mother Grace lived through the Great Depression in a single-parent home. Long after, she would make this Depression Era recipe for her children growing up. Paul says "One of my favorite comfort foods growing up was the soups my Mom would make. One of my favorites was Pea Soup. Having actually been taught by my mom I came to an understanding of how I might carry on her tradition by making this soup for my own family." Paul passes on Grace's recipe to you.

## **Basic Ingredients**

Leftover ham with bone, or store-bought hambone (about a pound of ham cut in small pieces)

1 lb peas,

1 cup of carrots

1 cup of celery

1 cup of onions

1-2 potatoes

1-2 cloves of garlic

1 tsp of smoked paprika

Cayenne pepper to taste

Bay leaf

Salt and pepper to taste at each step.

The amount of peas, carrots, celery, potatoes, and ham is decidedly dependent on how many mouths will be fed. The same goes for the amount of ham. That said, it is noteworthy to mention that the soup is actually an outcome of using the leftovers from a Sunday meal. So if the ham was on the dish on Sunday then you may see the pea soup later in the week accompanied by a grilled cheese sandwich.

On to the business at hand:

Cutaway leftover ham from the hambone leaving a nice chunk on the bone to enhance the flavor of the bone to the broth. Boil the water adding the hambone with four cups of water with a bay leaf. This creates stock for the soup. Cook until the meat near the bone starts to fall off then add the remaining ham to a set flame to simmer.

For every pound of split peas, you need at least 4 cups of water. I tend to add more because the carrots, peas, and potatoes will thicken the mixture especially after you refrigerate whatever hasn't been eaten. Usually, the leftover meal never made it to leftovers.

While that's at work diced the onions, carrots, celery, and potatoes, and mince garlic.

Using a Dutch oven (or whatever soup pot you are using) heat about a tablespoon of oil. Sauté chopped vegetables until translucent. Season with salt, pepper, paprika, and cayenne. Add the garlic at the very end and sauté for a minute. This is to ensure the garlic does not burn. Add the split peas and toss them around with the carrots, celery, and onions.

Add the broth from the pot and all its ingredients into the Dutch oven. Cook all ingredients until the carrots, onions, and celery are tender. Lower the flame to a simmer. When all of this comes together you can then add the potatoes. The reason for adding them last is to ensure that they are not overcooked. The whole process of adding the broth, ham, and vegetables should be about an hour. Remember to simmer with the lid on.