

War Butter

Towards the end of World War 1, the Canadian government created the Canada Food Board to increase agriculture productivity and to promote frugality on the home front. As a large number of food items, such as flour, sugar, eggs, meat and fats, were being sent to Europe to feed the troops and civilians in France and Britain, it was illegal to hoard such items. Instead, Canadians were encouraged to use butter substitutes such as margarine and fat drippings, or to find alternative ways to be frugal to make items last. The following recipe for "War Butter" was one such way:

How to make 2 1/4 pounds of butter out of 1 pound

1 pound butter

1 pint rich milk

1 tablespoon gelatin

Cream butter. Put small amount of cold milk into the gelatin. Heat rest, pour over soaked gelatin. Add to butter, heat until it begins to thicken, then place on platter by spoonful to thicken.

Credit: Win the War Cookbook, 1918