WASHINGTON, May 23 (AP) - State Department documents of 1943 made public today disclose that President Franklin D. Roosevelt helped to send huge shipments of corn to Mexico during World War II.

The papers show also that high-ranking officers of the Mexican army wanted their nation to play a more active military role in the conflict.

George Messersmith, then Ambassador to Mexico, took the corn issue to the White House after many weeks of negotiations had produced no results. He told Mr. Roosevelt.

"President (Manuel) Avila Camacho has stressed this situation to me, with its consequent economic and political repercussions if the great mass of the Mexican people are not able to get corn, which is their staple food, or if they have to pay too high a price for it. It means economic and political disorder in this country if this corn shortage cannot be met."

The details of Mr. Roosevelt's action are not set forth in the documents. But not long after Mr. Messersmith's appeal a note to the Ambassador from Secretary of State Cordell Hull showed a start in meeting Mexico's needs.

Concerning the Mexican military role, Mr. Messersmith wrote Under Secretary of State Sumner Welles on July 6, 1943, quoting Mexico's Foreign Minister, Ezequiel Padilla, as follows:

"He (Padilla) said that during the last weeks increasingly high-ranking officials of the Mexican army had spoken to him about what they considered the real importance and interest of elements of the Mexican armed forces taking part in the conflict."