

THE
GOOD
HOUSEKEEPING
COOK BOOK

*Completely Revised
Edition*

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good word for the well made bowl of salad and all its possibilities? See Salads, p. 553.

Now and then it will be well worth your while to sit down and slowly turn the leaves of this book. You will find yourself stopping to read many a recipe, or an unusual way of serving that you feel will make a special appeal to family or guests. Plan to try one or more of these dishes each week and transfer them to your "Pep" file if the family cheer for them. It is in this way that you can get real fun out of meal planning, and the most value from this book.

Daily Guide to Healthful Meals

(Adapted from U. S. Government Food Chart)

In planning your daily menus be sure to include some food from each group below:

Group I: GREEN AND YELLOW VEGETABLES (some raw—some cooked, frozen or canned)

Green Vegetables: Artichokes, Asparagus, Beet Greens, Broccoli, Brussels Sprouts, Cabbage, Chard, Chicory, Collards, Dandelion Greens, Endive, Escarole, Green Peas, Green Peppers, Kale, Leaf Lettuce, Mustard Greens, Okra, Parsley, Snap or String Beans, Spinach, Turnip Greens, Water Cress, and Other Greens

Yellow Vegetables: Carrots, Pumpkin, Rutabagas, Winter or Hubbard Squash, Sweet Potatoes, Wax Beans, Yams, and Yellow Summer Squash

Group II: CITRUS FRUITS OR TOMATOES (canned or fresh), or raw cabbage or salad greens

Citrus Fruits or Tomatoes: Oranges, Grapefruit, Lemons, Tangerines, Limes, Kumquats, Citrus Juices, Tomatoes, and Tomato Juice

Raw Salad Greens: Cabbage, Chicory, Dandelion Greens, Escarole, Green and Red Peppers, Leaf Lettuce, Parsley, Water Cress, and Other Raw Greens

If foods in Group II are scarce, use more from Groups I and III, especially those that are starred in Group III, for the day's quota of vitamin C.

Group III: POTATOES, AND OTHER VEGETABLES AND FRUITS (raw, dried, cooked, frozen, or canned)

Other Vegetables: Jerusalem Artichokes, Beets, Cauliflower, Celery, Corn, Cucumbers, Eggplant, Green Lima Beans, Kohlrabi, Leeks, Mushrooms, Onions, Parsnips, Potatoes, Radishes, Salsify (oyster plant), Sauerkraut, Summer Squash, Turnips, and all vegetables not listed elsewhere

Other Fruits: Apples, Apricots, Avocados, Bananas, Blackberries, Blueberries, *Cantaloupe, Cherries, Cranberries, Currants, Dates, Figs, *Gooseberries, Grape Juice, Huckleberries, *Loganberries, Muskmelon, Mangoes, Nectarines, *Papayas, Peaches, Pears, Persimmons, *Pineapple, Plums, Pomegranates, Prunes, Quinces, Raisins, Rhubarb, *Strawberries, Watermelon, Youngberries, and all fruits not listed elsewhere

* *Seasonal alternates for Group II, for vitamin C.*

Group IV: MILK AND MILK PRODUCTS (fluid, evaporated or dried milk, or cheese) including Buttermilk, Cheese—all kinds, Condensed Milk, Cream, Cultured Milk, Dried Skim Milk, Dried Whole Milk, Evaporated Milk, Fluid Skim Milk, Fluid Whole Milk, Ice Cream

If foods in Group IV are scarce, use more from Groups I, V, and VI.

Group V: MEAT, POULTRY, FISH OR EGGS, or dried beans, peas, nuts, or peanut butter

Meats including quick-frozen, fresh, canned, and cured; variety meats such as liver, heart, etc.; domestic rabbit

Poultry—fresh, canned or quick-frozen

Fish—fresh or salt water in fresh, canned or quick-frozen form

Game

Eggs

Dried Beans including soy beans, dried peas, lentils

Nuts, Peanut Butter

If meats are scarce, use more poultry, fish, eggs, dried beans or peas, nuts and foods from Group IV.

Group VI: BREAD, FLOUR, AND CEREALS (Natural whole grain—or enriched or restored)

Breads: Enriched-white, oatmeal, pumpernickel (whole-rye), whole wheat. Rolls or biscuits made with whole wheat or enriched flour.

Flour and Meal: Enriched-white, whole corn meal, whole wheat, other whole grains

Cereals: Brown rice, mixed whole grain, prepared cereals (whole grain, restored), rolled oats, whole wheat

Crackers and Biscuits

Group VII: BUTTER AND VITAMINIZED MARGARINE (Vitamin A added)

If foods in Group VII are scarce, use more from Groups I and IV.

Vitamins and Minerals in the Meals

(Why we need them and foods that supply them)

You can get plenty of vitamins and minerals in your meals by putting the right kind of variety into menus. The following chart shows a wide selection of foods rich in the vitamins and minerals considered most important to nutrition. Use it to plan menus, so that there will be enough of all these vitamins and minerals in each day's meals.

WHY YOU NEED IT

Vitamin A. Helps resist nose and throat infections (colds); helps prevent night blindness and other eye diseases; promotes children's growth.

Vitamin B₁ (Thiamine). Necessary for the functioning of nerve tissues; affects the body's utilization of carbohydrates and fats; promotes children's growth; stimulates the muscles of the intestines, helping to overcome constipation; stimulates the appetite.

Vitamin B₂ (G) (Riboflavin). Necessary for healthy skin and hair,

RICHEST NATURAL SOURCES

Liver, fish-liver oils, yellow vegetables, green and leafy vegetables, butter, vitaminized margarine, cream, whole milk cheese, evaporated milk, egg yolk, dried apricots. Lean pork, whole grain and enriched cereals, flour and bread, peanuts, peas, beans, lentils, glandular meats (liver, kidneys, sweetbreads), lean meats, fish, chicken, milk, evaporated milk, yeast, wheat germ.

Liver, kidney, lean meats, fish, chicken, eggs, evaporated milk,

WHY YOU NEED IT (cont.)

good digestion, sound nerves. Deficiency results in increased susceptibility to infection, general weakness and poor eye conditions.

Vitamin C (Ascorbic Acid). Prevents and cures scurvy; increases strength of capillary walls, thus lessening possibility of hemorrhages; increases resistance to infection; necessary for sound teeth and gums.

Vitamin D. Aids in utilization of calcium and phosphorus in the building of bones and teeth; prevents rickets in children.

Niacin. Chief factor in the cure and prevention of pellagra. Deficiency results in poor mental states and bad skin conditions.

* **Calcium.** Builds bones and teeth; essential for lactation, for coagulation of blood, and heart, nerve and muscle functions.

* **Phosphorus.** Builds bones and teeth; essential for the use of fats and carbohydrates by the body; helps maintain alkalinity of the blood.

Iron. Formation of red blood corpuscles; helps carry oxygen in blood; aids in tissue respiration. Deficiency results in anemia.

* For both the calcium and the phosphorus to function correctly, there must be sufficient amounts of both, as well as vitamin D.

RICHEST NATURAL SOURCES (cont.)

milk, green and leafy vegetables (turnip greens, beet greens, kale, mustard greens, collards, green lima beans, dried peas, etc.), yeast wheat germ.

Citrus fruits (oranges, grapefruit, lemons, tangerines), strawberries, tomatoes, raw cabbage, potatoes, green and leafy vegetables (green peppers, mustard greens, Brussels sprouts, kale, parsley, etc.), other fruits.

Sunshine, fish-liver oils, liver, vitamin-D-enriched milk, vitamin-D-enriched evaporated milk, vitamin-D-enriched cereals, fresh and canned oily fish, egg yolk.

Liver, kidney, heart, lean meat, fish, eggs, green and leafy vegetables, yeast, wheat germ, green peas, buttermilk, whole grain or enriched cereals, flour and bread.

Milk, cream, cheese, leafy and green vegetables (beans, broccoli, kale, cabbage, etc.), sardines.

Leafy and green vegetables, milk, cream, cheese, cereals, wheat germ, eggs, fish, shellfish, liver, meats, yeast.

Liver, molasses, dried apricots, egg yolk, green and leafy vegetables, potatoes, whole grain and enriched cereals, flour, and bread.

Are You Wasting Food without Knowing It?

You may be careful about cheating the garbage can, but what about food values that you can't see—vitamins, minerals and flavor? Many's the kitchen where these are lost unknowingly in storing, cooking, and

gravies, or vegetable cocktails. Don't pour it down the drain; it's rich with flavor and food value.

12. If you expect latecomers for dinner, set aside their vegetables and cook just before serving. A pressure saucepan cooks them in no time. Keeping cooked vegetables hot is fatal to vitamins and flavor.
13. Serve raw vegetables often. Their texture and flavor add welcome variety to meals, and you save food values usually lost in cooking. Cabbage, for example, may lose two thirds of its vitamin C in cooking.

Foods Enriched with Vitamins and Minerals

Theoretically we can get all the vitamins and minerals we need by eating a complete diet of natural foods. Practically this may be difficult. For various reasons many foods as eaten do not give us their original quota of vitamins and minerals. Few of us like every food—many cannot eat certain things because of personal dislikes, or special diet restrictions. Some foods are out of the reach of a part of our population.

Because of this it is possible that our diet may not supply us with an adequate amount of vitamins and minerals. For this reason, vitamins and minerals are being added to some common foods that lack them. This started with the addition of iodine to table salt as a goiter preventive. Today many foods such as white flour, some milk, margarine, and breakfast cereals are being enriched or fortified by the addition in significant amounts of vitamins or minerals or both.

All bakers are now enriching their white bread by adding vitamins and minerals in concentrated form, or by using enriched yeast or flour.

At present most margarines have been enriched with vitamin A so as to be comparable in food value to butter. Fresh or canned milk sometimes has vitamin D added to it. Some breakfast cereals have added minerals and vitamins. In each case this information is specified on the label.

We cannot, however, depend upon these enriched foods only for an adequate supply of vitamins and minerals. We must still look to other foods as well—vegetables, fruits, meats, dairy products, etc. See Daily Guide to Healthful Meals, p. 4.

Watching Meal Costs

1. Plan meals ahead. If a special treat makes costs mount one day, plan to use more thrifty dishes the next day.

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servicing foods. Watch this kind of waste closely. It may mean the difference between a sound diet and malnutrition. Check those below that you know about and are practicing now, then concentrate on the others.

1. Don't test the ripeness of fruits at market by pressing or squeezing. It starts spoilage. "No pincha da peach, pincha da coconut," is what our vendor says.
2. To conserve vitamins and fresh flavor, store promptly in your refrigerator all perishables in your market basket. Prevent drying out by keeping them covered.
3. Pare potatoes thinly, or cook them in their jackets and eat the skins. There's food value just under and in the skin. Mashed potatoes are good, but the air beaten into them helps to destroy some vitamin C.
4. To get more vitamin C from oranges, serve the juice unstrained. Or serve oranges in sections, slices, or halves for eating with a spoon. Leave the skins on apples whenever possible, both when cooking and when eating raw.
5. Avoid leftovers if you can by cooking no more food than will be eaten at a meal. Otherwise keep leftovers in refrigerator; use as promptly as possible. Reheating leftover cooked vegetables causes further loss of vitamin C, so serve them cold in salads.
6. To retain food value as well as freshness and good flavor, keep eggs in the refrigerator. It's wrong to keep them elsewhere—at home or at the grocer's.
7. Letting the morning's milk wait on the doorstep increases bacterial content, reduces vitamins, so put it into the refrigerator promptly. Because light destroys some vitamin A, butter and margarine should not stand on the kitchen table longer than necessary.
8. When possible, use all your vegetables such as celery tops and outer stalks in soups or as creamed celery. Delicious, too, are the green outer stalks of cauliflower when cooked and served finely chopped.
9. When preparing vegetables in advance, cover and store in the refrigerator. But don't soak in water; this will lose some of their vitamins, minerals, flavor.
10. For maximum food value, keep packaged, quick-frozen vegetables frozen until you are ready to use them; then cook them without previous thawing.
11. In cooking vegetables, use just enough boiling water to keep steam rising through the vegetables. Cover while cooking. Serve with the vegetable any water remaining in the pan, or use it in soups, sauces,

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2. See Pointers on Marketing, p. 32, and Make Pennies Count in Marketing, p. 33.
3. Keep tabs on changing food prices. See to it that when an alternate that is cheaper is chosen to replace one at a higher price, it supplies approximately the same food values. For choosing such an alternate, see Daily Guide to Healthful Meals, p. 4, and Food Stretchers and Alternates, p. 25. Tomato juice may replace orange juice. However, the former furnishes only about one half the calories and vitamin C, so that you will have to use twice as much tomato juice to furnish comparable food value. Evaporated milk may be used in cooking instead of bottled milk and at less cost. Beef, pork, or lamb's liver costs less than calves' liver, but all have similar food values and all can be made into delicious dishes. Vitaminized margarine is comparable in food value to butter, and costs less. Chuck ribs of beef compare in food value with prime ribs of beef and cost less, though they need a different method of cooking.
4. In keeping down the meat bills, see Hints on Buying and Cooking Meats, p. 278.
5. Make good use of your oven and save fuel by planning to cook some other dish for the same meal, or a dish for the next day's meal when you are baking. See Index for Oven Dinners.
6. Use your broiler sometimes for thrifty dishes like broiled fruits and vegetables, with hamburgers, fish fillets, sausages, frankfurters, etc. See Mixed Grill, p. 237.
7. Save fuel by using your Dutch oven, your deep covered skillet, your thrift cooker for thrifty dishes that cook on one burner.
8. Cook only what you think the family will eat. Give careful attention to family likes and dislikes. See Make Pennies Count in Marketing, p. 33.
9. Keep a daily check on your refrigerator and use up leftovers as soon as possible. See Leftovers, p. 820.
10. Conserve the nutrients in food by good cooking. See Are You Wasting Food without Knowing It?, p. 7.
11. A steam pressure sauce pot greatly reduces the cooking time needed for less tender meats, saving fuel and vitamins too. Follow manufacturer's directions in using it.
12. Turn down the heat, and keep food cooking gently. It will cook just as quickly, save fuel, and prevent the pan boiling dry.

Good Meal Combinations

1. Meal patterns are changing. The main course at dinner does not always consist of the traditional trio: meat, potatoes and another vegetable. An all-in-one casserole dish with meat, fish, cheese, eggs, or beans and one or more vegetables combined, or a savory dish of meat and vegetables prepared in the Dutch oven, thrift cooker, or deep skillet may, with a raw vegetable relish, or a green salad, serve as the main course.
2. A hearty salad of meat, fish, cheese, or eggs and vegetables with salad greens may serve as the entire main course at dinner or luncheon, especially in hot weather. See Salads, p. 553.
3. A salad of greens with raw or cooked vegetables or fruit may take the place of one or more of the hot cooked vegetables at dinner. See Salads, p. 553.
4. Luncheon may consist of a hearty soup such as a chowder, or minestrone or baked beans, or a casserole, and fruit or crackers and cheese for dessert.
5. Do not serve a starchy food such as rice, macaroni, etc., with potatoes at the same meal. A macaroni or spaghetti dish, noodles or rice may sometimes be served in place of potatoes.
6. If you have a starchy dessert like rice, cornstarch, or tapioca pudding, it may sometimes be better for a change to serve only non-starchy vegetables in the main course.
7. Give a thought to color, texture, and flavor. Plan pleasing combinations that do not clash in color, flavor, or texture. Raw vegetables lend crispness and color. Pep up bland foods with the tang of acid fruits and tomatoes. Cheese, grated and sprinkled over creamed and scalloped dishes, or melted in a sauce lends a nice tang to any meal, and is a good source of protein that builds body tissue.
8. Inexperienced homemakers especially should plan meals that do not take too much last minute attention (such as mashed potatoes and broiled steak), but choose dishes that can be done ahead of time such as a casserole dish or a stew that can be reheated. Such dishes as a soufflé that must be served at once should only be planned when prompt service presents no problem. Keep meals simple, and try new dishes on the family first.

Keeping the Correct Weight

What Should One's Weight Be? During childhood and youth, weight somewhat over the average for height and age is desirable. But by middle age it is better to maintain the weight which was normal for your height and sex at the age of thirty. For example, a woman of thirty, 5 feet 5 inches tall, should not weigh more than 134 lbs., while a man of thirty, 5 feet 8 inches tall, should not weigh more than 152 lbs. As we grow older we should not exceed this weight. We tend to slow down and become less active, though our appetites often remain hearty. Many of us are even inclined to increase the amount we eat. And unless we are one of those who remain thin in spite of what we eat, we begin to gain in weight.

Make Weekly Check of Weight: Weigh yourself each week and if there is a tendency to put on weight, start at once eating enough less of those high calorie foods such as candy, sugar, cream, fats, starchy vegetables, and sweet or rich desserts, to keep down weight. See 'Calorie Value of Foods, p. 21.

Pointers on Following Nine-Day Reducing Diet, p. 13

1. If you have allowed yourself to become considerably overweight and you wish to correct this as quickly as possible, consult your physician and get his permission to go on a restricted low calorie diet for a while.
2. The Nine-Day Reducing Diet on p. 13 is a low calorie diet which provides the necessary protein, vitamins A, B₁, B₂ and C, minerals, lots of bulk, interesting flavors and variety. Have your physician check it. He may advise you to take some vitamin concentrates to be sure that your daily vitamin requirement is met.
3. In following this diet, roast or broil your meat, or pan-broil it, but do not use the fat left in the pan. Do not eat any of the fat on the meat.
4. Take eggs boiled or poached to avoid using any fat in cooking them.
5. Do not use any butter or margarine on your bread or on cooked vegetables.
6. Drink a glass of skim milk or buttermilk daily. Do not use cream.
7. Tea and coffee may be included at any meal, but without cream or sugar. Saccharin may be used for sweetening.

8. Use less salt. Use it lightly in cooking but sprinkle none on food at table.
9. Follow the diet strictly with the exception of the vegetables and fruits. See p. 456 for lists of 3% and 6% vegetables, and p. 21 for fruits of 100 calories or less per average serving that may be used as a change from those in the diet. Use one half cup of each cooked vegetable specified, if serving two vegetables at a meal, or one cup if only one is served. In addition to these cooked vegetables, raw ones are also used in this diet.
10. Use no salad dressing but Low Calorie Dressing, p. 591.
11. If you have any trouble with constipation, drink plenty of water, including two glasses of warm water the first thing in the morning; drink buttermilk for its laxative effect; take plenty of exercise. If this does not prove entirely effective add some bulk aid such as agar, psyllium seeds or similar products.
12. Follow this diet not longer than 9 days, then take a week's vacation from it. During the vacation period you may have a baked potato 3 or 4 nights a week and other cooked vegetables. Go light on sweets, eat only half a serving of dessert once a day and continue the light breakfast. Don't nibble between meals.
13. Continue the large raw vegetable salad at lunch and dinner, using Low Calorie Dressing. You should gain no weight during this time.
14. If you wish to lose more weight start another nine-day period on diet, taking a week's vacation from it after each nine-day reducing period.

Nine-Day Reducing Diet

The following meals are designed to provide approximately 1000 calories each day. Other vegetables from the 3% and 6% list on p. 456, and any fruits of 100 calories or less per average serving in the Calorie Value Foods Chart, p. 21, may replace those shown for lunch and dinner. An orange may be substituted for the half grapefruit for breakfast. A portion of fish, poultry, liver, heart, or kidney or two eggs may replace the meat portions. Tea may replace coffee for breakfast.

BREAKFASTS

If you like a hearty breakfast, choose a 100 calorie portion of fruit (see list, p. 21), 1 c. ready-to-serve or $\frac{3}{4}$ c. cooked cereal with $\frac{1}{2}$ c. skim milk, and tea or coffee without sugar or cream. Then use a larger

dinner dessert should be preferably a pudding with milk as the base such as custard, tapioca, rennet custard desserts, blanc mange, chocolate pudding, etc., or a fruited gelatin dessert. Pies and rich cakes should be eliminated.

Sugar is a valuable energy food but it may satisfy the appetite too quickly and lessen the desire for more necessary foods. Candy should be restricted, especially rich chocolates. Simple hard candy may be enjoyed as a special treat at the end of one meal a day.

Spices and condiments should be restricted as they may be irritating to the digestive tract. In general, children do not like highly spiced or over-flavored foods. Usually a child's taste buds in the mouth are keener than an adult's and highly flavored food may be distasteful.

Many children must carry lunches to school. These should be simple but should provide the right foods to supplement adequately their breakfast and the night meal. See Box Lunches—School and Business, p. 843. For meals for younger children or babies, consult your physician.

CALORIE VALUE OF FOODS

If you have a special problem in reducing or building weight, you will find useful the following list of calorie values in foods.

| FOOD | AMOUNT | APPROXIMATE CALORIE VALUE | FOOD | AMOUNT | APPROXIMATE CALORIE VALUE |
|------------------------------------|--------------------------|---------------------------|--|------------------------|---------------------------|
| CEREALS AND CEREAL PRODUCTS | | | DAIRY PRODUCTS AND EGGS—Continued | | |
| Bread—protein | 1 slice (1 oz.) | 75 | Chocolate made with whole milk | ½ c. | 100 |
| rye | 1 slice (1 oz.) | 75 | Cocoa made with whole milk | ½ c. | 100 |
| wheat | 1 slice (1 oz.) | 75 | Cream—Heavy | 1 tablesp. | 60 |
| white | 1 slice (1 oz.) | 75 | Light | 1 tablesp. | 30 |
| whole-wheat | 1 slice (1 oz.) | 75 | Sour Heavy | 1 medium | 60 |
| Cereals—cooked | ¾ c. cooked (1 oz. dry) | 100 | Eggs | ½ c. | 200 |
| Cereals—ready-to-serve | 1 c. (1 oz.) | 100 | Ice Cream | 8 oz. undiluted (1 c.) | 1031 |
| Cornstarch | 1 tablesp. | 30 | Milk—condensed | 8 oz. undiluted (1 c.) | 320 |
| Doughnut | 1 medium (2 oz.) | 240 | evaporated | 1 tablesp. dry powder | 120 |
| Flour—all-purpose | 1 c. | 480 | malted | 8 oz. (1 c.) | 85 |
| cake | 1 c. | 340 | skim | 8 oz. (1 c.) | 170 |
| potato | 1 c. | 515 | whole | | |
| rye | 1 c. | 360 | | | |
| whole-wheat | 1 c. | 480 | FRUITS | | |
| Graham crackers | 1 cracker | 40 | (Raw or cooked with no sugar) | | |
| Macaroni, spaghetti | ¾ c. cooked (1 oz. dry) | 100 | Apple | 1 medium | 80 |
| Popcorn | 1½ c. popped (no butter) | 100 | Apricots (dried) | 6 halves (unsweetened) | 60 |
| Rice | ¾ c. cooked (1 oz. raw) | 100 | Apricots (fresh) | 5 medium | 100 |
| Saltines | 1 saltine | 25 | Avocado | ½ small fruit (4 oz.) | 100 |
| Shredded wheat | 1 biscuit (1 oz.) | 100 | Bananas | 1 medium (6") | 100 |
| Soda crackers | 1 cracker | 25 | Blackberries | 1 c. | 100 |
| Wheat bran | ¼ c. | 22 | Blueberries | 1 c. | 100 |
| Wheat germ | 1 oz. | 108 | (huckleberries) | | |
| DAIRY PRODUCTS AND EGGS | | | Cantaloupe | ½ large | 100 |
| Butter | 1 tablesp. (½ oz.) | 100 | Cherries | 20 | 100 |
| Burermilk | 8 oz. (1 c.) | 85 | Cranberries | 1 c. | 50 |
| Cheese—American | 1" cube (0.7 oz.) | 85 | Dares (dried) | 4 medium | 100 |
| Cottage | 5 tablesp. (1 oz.) | 35 | Figs (dried) | 1½ large | 100 |
| Cream | 1 oz. | 110 | Figs (fresh) | 3 small | 100 |
| | | | Grapefruit | ½ medium | 100 |