

Y is for... Your Share: Daily Helps for Wartime Meal-Planning and Cooking

VINTAGE COOKBOOKS & RECIPES

Your Share

**How to prepare
appetizing, healthful
meals ★ ★ with foods
available today ★ ★ ★**

Betty Crocker

**52 MENUS
226 RECIPES
369 HINTS**

**On Food Buying, Preparation, Meal
Planning and Serving.**

Hungry Enough To Eat Six.com

This cookbook was published under the Betty Crocker imprint by General Mills in 1943. (We just watched [Captain America: The First Avenger](#) two nights ago, and it takes place at about the same year!)

Every home-maker will want to do her best to feed her family well in war-time. It is important that eating be made pleasurable since flavor and attractiveness in food are important for good nutrition. This booklet brings to the American home-maker practical knowledge of how to solve these war-time food problems.

At the end of the day, let us be sure we can say:

"I worked for freedom today.

I served at least one food from each of the basic seven food groups.

I prepared the food I served with care.

I wasted no food this day."

**NUTRITION COMMITTEE
GENERAL MILLS, INC.**

During World War II Americans at home made sacrifices in an effort to send all the support possible to the armed forces. Imports were restricted. Tires, gasoline, and food were a crucial necessity for overseas troops and so were strictly rationed for those at home. At the website for the [National WWII Museum](#), ration books are described as follows:

"The U.S. government's Office of Price Administration established a system of rationing that would more fairly distribute foods that were in short supply. Every American was issued a series of ration books during the war. The ration books contained removable stamps good for certain rationed items, like sugar, meat, cooking oil, and canned goods. A person could not buy a rationed item without also giving the grocer the right ration stamp. Once a person's ration stamps were used up for a month, she couldn't buy any more of that type of food."

It logically follows that information on how to make food last, to make creative and healthy meals with limited ingredients became highly sought-after by homemakers at the time.



F O R E W O R D

Hail to the women of America!
You have taken up your heritage from the brave women of the past. Just as did the women of other wars, you have taken your positions as soldiers on the Home Front. You have been strengthening your country's defenses—as plane watchers—as flyers—as members of the armed forces—as producers, in war plants and homes—and in Red Cross and Civilian Defense activities. The efforts and accomplishments of women today are boundless!

Hungry Enough To Eat Six.com

This was the mission of *Your Share*. The image of Betty Crocker on the opening page is the sternest of all the portraits. Her serious stance is fitting as she calls on the reader to be, "the women behind the men, behind the guns." She hails the efforts and role of women in the defense of our country, the "soldiers on the homefront." "Hail to the women of America! And we salute you all!" It is quite a rousing foreword!

A few of the earlier cookbooks in this challenge stand out above the rest, and this one joins those few as favorites of mine. It has the same features that I love in the others: the old graphics and humorous drawings, the less-than-familiar recipes and combinations of ingredients, the glimpse of bygone dishes. But *Your Share* is not just a vintage cookbook, it offers a unique perspective on the WWII era, on what it meant to provide for the family at that time.



**To Make the Most
of the Meat You Buy**

KNOW MEAT GRADES
STORE PROPERLY
COOK CORRECTLY
LEARN POINT VALUES
PLAN LEFT-OVERS
SALVAGE DRIPPINGS

IN spite of the heavy demands on America's supply of meat because of the war, our share at home will be enough—if we use it wisely, learn to extend it with other foods—and make the most of every bit available.

MEAT VARIES IN QUALITY—KNOW YOUR GRADES:

Same Nutrition Value	Same Point Value
AA	AA
A	A
B	B
C	C

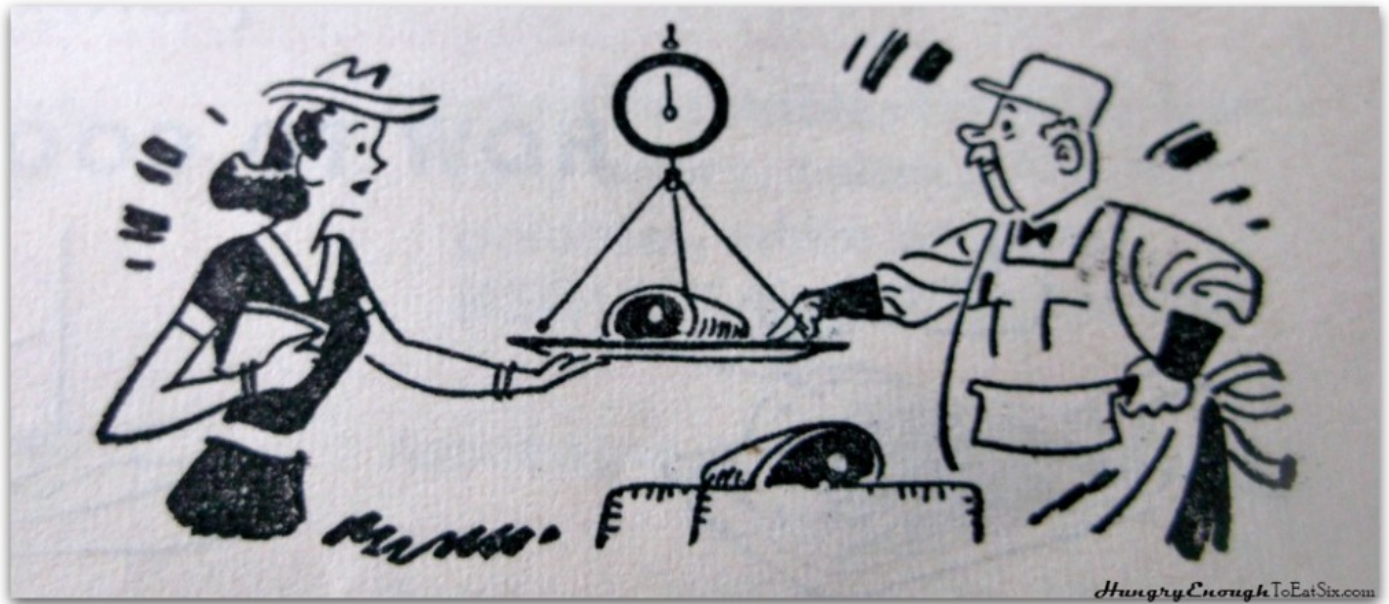
Select the grade of meat that best suits your pocketbook

I have read many magazine articles, cookbooks and websites about cooking economically, healthfully, and getting the most from your grocery budget.

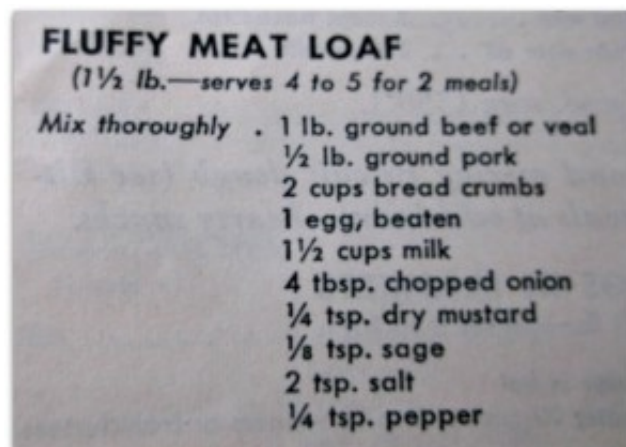


It's certainly not a new idea, and it wasn't a new idea in the 40's either. However, the stress and pressure of having to make those rations last an entire month must have been incredibly difficult. I cannot imagine how large families made this work.

It's fascinating to read this book and see the ideas and information put forth. There are dozens of tips and recipes to extend food to its maximum reach. Mixing butter with milk, gelatin, and food coloring to extend the supply.



Watching that butcher to be sure his thumb wasn't on the scale, and asking for all the trimmings to use for soups and stock.



Guides for cooking the toughest (and cheapest) cuts of meat.

Stretch THE M

Nature's First Food

Nothing quite takes the place of milk—grownups need 2 cups a day—children need a quart.

Women and children first—if not enough for everyone, growing children have priority.

A complete protein—rich in calcium, some phosphorus and iron—with a good supply of riboflavin.



*I've got Protein
I've got Minerals
I've got Calories
Who could ask for
anything more?*

FAVORITE CHEESE CASSEROLE

Arrange in greased
8x12-in.

baking dish . . . 6 slices enriched bread

Cover with . . . ½ lb. sharp cheese, cut in
⅛-in. slices

Top with . . . 6 more slices of bread

Pour over above 4 egg yolks, beaten

2½ cups milk

1 tsp. salt

⅛ tsp. pepper

¼ tsp. dry mustard

Chill. Bake 1 hr. in mod. oven (350°).
6-8 servings.

Hungry Enough ToEatSix.com

"Nippy" Ideas to Pep up Meals

Add grated cheese to biscuit dough, waffle batter, pastry for apple pie.

Make au gratin potatoes.

Serve escalloped cabbage, onion, etc., with sprinkling of cheese.

Make a sandwich of gingersnaps and cream cheese.

Roll out left-over pastry, sprinkle with cheese, cut into fancy shapes, bake, and serve with salads or tea.

Use more cheese in main dishes as a high-protein substitute in place of meat.

Hungry Enough To Eat Six.com



Spare the Sweets

**HERE'S THE WAY WE SAVE OUR SUGAR
WHEN WE MUST**

Salt brings out sweet flavor of fruits and cooked foods. Add a pinch.

Use BISQUICK for shortcakes, fruit rolls, cobblers. It contains sugar.

Get prepared milk powders. No sugar is needed.

After dinner, serve jam with cheese and crackers.

Reduce tartness of sour fruits by combining with dried fruits.

Serve fruits and vegetables naturally rich in sugar.

Add sugar last when cooking dried fruits. Takes less.

Vary cereals with brown sugar, honey, syrup, dried and sweet fruits.

Include tapioca in fruit pies to cut tartness.

Never throw away canned fruit syrup. Use for beverages, jellied salad, etc.

Get into the habit of serving coffee cakes and sweet rolls for dessert.

Thoroughly dissolve sugar in beverages. Don't leave in bottom of cup.

Instead of sugar, use corn syrup for beverages, fruits, sugar-water syrups.

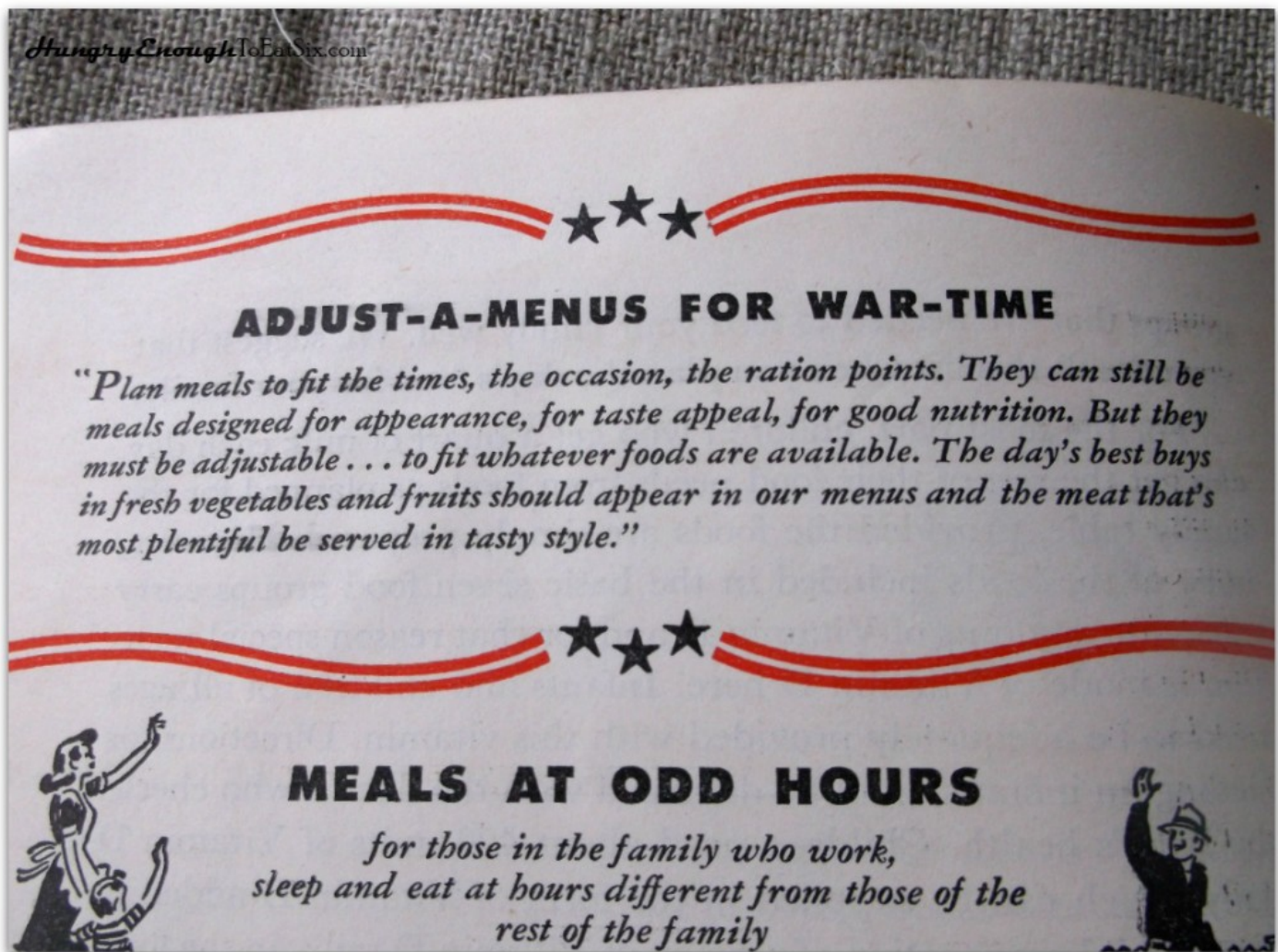
Plan to serve desserts with no sugar (fruit cups, fruit gelatin, etc.).

Serve ripe fruits. They need little or no sugar.

And tips for "sparing the sweets" to conserve limited rations of sugar.



In addition to food supply-stretching tips, there are suggestions for meals,



accommodating complicated work schedules, and even for entertaining!

movies of past vacation trips inside.

A HOBO PARTY...for an evening of fun

Serve supper as a "hand-out" from table on porch or lawn . . . or from inside kitchen or amusement room table . . . covered with checkered tablecloth and lined with leaves or small evergreen clusters. For centerpiece, set up miniature artificial fire with stewing kettle over it (use lighted electric light bulb under piece of crumpled red paper for fire . . use twigs for props for tiny kettle). Guests find own camping spots. Supply them with worn tablecloths and napkins well patched in different colors, tin plates and cups . . . also for each a bandanna for a knapsack for carrying food. After supper all sit around open fire . . . tell stories and sing old-time songs.



Pigs in Blankets (p. 6)

Peanut Butter Sandwiches

Special Potato Salad
containing slices of crisp Radishes, Cucumbers
and Carrots
(offer little paper cups with covers for this)

Dill Pickles

Ginger Cookies

Apples or Other Fruit

Beverage

My favorite is the idea of a "hobo" party: serving food such as pigs in a blanket or peanut butter sandwiches "hand-out" style on the lawn or in the living room. The party includes tin plates and cups, an artificial fire, and a bandanna to use as a knapsack!

YOUR SHARE IN THE FUTURE

In the midst of all the work it takes to keep a family going these days, it's probably hard to realize that soon your job of keeping a home will be easier than you may have dreamed possible.

But you can count on this:

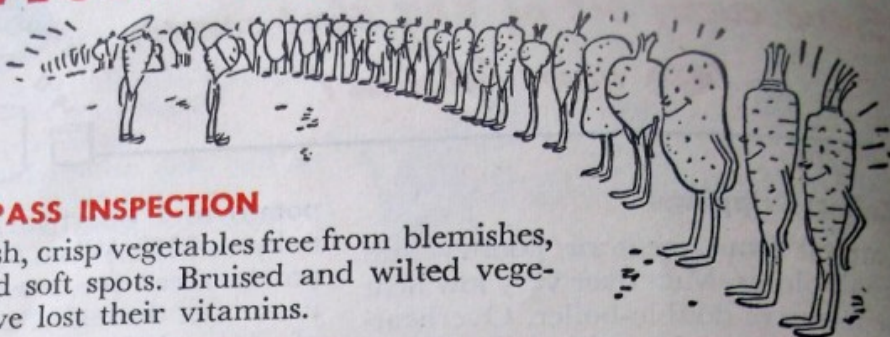
The discoveries of wartime research are today being applied to peacetime problems in laboratories all over the country. Hundreds of exciting new products, designed to help lighten your housekeeping tasks, are being prepared for manufacture as soon as the war ends.

Among them will be many new General Mills products . . . new foods (rich in flavor, wonderfully nutritious, easy to prepare and keep), new ideas (products perhaps you'd never now associate with General Mills) for a better world.

Then, as now, the superlative goodness of every General Mills product will be guaranteed for you by the most effective possible methods of quality control.

It is a patriotic and hopeful little cookbook.

Call **VEGETABLES INTO SERVICE**



THEY MUST PASS INSPECTION

Select fresh, crisp vegetables free from blemishes, decay and soft spots. Bruised and wilted vegetables have lost their vitamins.

WHEN THEY ARE INDUCTED

Clean and wash, remove spoiled spots from perishable vegetables and store in refrigerator until ready for use.

Keep crisp pod or leafy vegetables in crisper or wet cloth bag. Use these vegetables as soon after buying as possible as they gradually lose vitamins on standing.

Keep vegetables like onions and potatoes in a dry, cool place.

PREPARE FOR COMBAT

Wash vegetables thoroughly but quickly. They lose food value if soaked in water.

Have skin on vegetables when possible. Pare thinly, if at all. Minerals and vitamins lie close to the skin.

If cutting vegetables small, chop, shred or cut just before cooking or preparing salad to retain the most minerals and vitamins.

PREVENT MASS EXECUTION of *Vitamins*... AND KILLING of *Flavor*

SUBMARINE ATTACKS Sink the *Minerals and Vitamins*

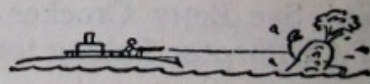
Cook in smallest possible amount of water.

AIR RAIDS Fatal to *Vitamin C*

Cook tightly covered to avoid exposure to air. Don't stir in air.

CONTINUOUS FIRE Destroys *Vitamins*

Have water boiling, salted. Bring vegetables to boil quickly. Turn down heat and simmer—just until tender (to keep crisp texture).

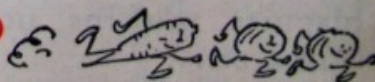


GENERAL STRATEGY



To retain color, texture and food value, prepare just before time to cook—cook just till tender

COMMANDO TACTICS



Exceptions to general rule—see page 19.

And sure, it is also a clever campaign from General Mills and Betty Crocker to be the go-to source for homemakers, for food products and cooking tips at wartime and beyond.

Here is a recipe from the book for War-Time Cake. It is along the same lines as the Wacky Cake my grandmother used to make!

WAR-TIME CAKE... *Eggless, Milkless, Butterless*

Mix in saucepan . 1 cup brown sugar
1 1/4 cups water
1/3 cup lard or other shortening
2 cups seeded raisins
1/2 tsp. nutmeg
2 tsp. cinnamon
1/2 tsp. cloves

Boil for 3 min. . Cool.

Then add . . . 1 tsp. salt

and . . . 1 tsp. soda

dissolved in . . 2 tsp. water

Blend in . . . 2 cups sifted GOLD MEDAL
Flour

mixed with . . . 1 tsp. baking powder

Pour into greased, floured 8-in. sq. pan. Bake *about 50 min. in slow mod. oven (325°)*. Delicious uniced.

Hungry Enough ToEatSix.com

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Blend in...

- 2 cups *sifted* Gold Medal Flour

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- 1 tsp. baking powder

Pour into greased, floured 8-in. square pan. Bake *about 50 min.* in *slow mod. oven* (325°).
Delicious uniced.

[This is the annual blogfest known as the A to Z Challenge!](#) Bloggers from all walks of life come together in the month of April and post every day (Sundays off) on whatever theme or subject they choose for each letter of the alphabet. Check out the list of bloggers at the **[A to Z Challenge website.](#)**

Throwback! 2014 Blogging From A to Z Challenge: Y was for Yakitori Pie.

