THE ELEANOR ROOSEVELT PROGRAM

August 30, 1951

Description: In the opening segment, ER interviews James Beard, an actor turned historian of food. In the closing segment, Elliott Roosevelt discusses a UNESCO run school in Mexico and Ben Grauer reads commercials.

Participants: ER, Elliott Roosevelt, James Beard, Ben Grauer

[ER:] This is Eleanor Roosevelt speaking. Our program is coming to you from my living room here at the Park Sheraton Hotel in New York City. I'm very happy to have this little while with you each day, and I hope you'll enjoy the guest we've invited to be with us today. And now, for a moment, I'm going to turn the program over to Elliott.

[Elliott Roosevelt:] I've always maintained that the bravest man or woman in the world was the first person to eat an oyster, but I've never known the history of how this came about. I do know that the history of food and eating habits is a much more interesting story than one would imagine. To tell us the history of what we eat and why, Mrs. Roosevelt has as her guest today Mr. James Beard, the actor who turned cook and is now one of America's leading food authorities. Mrs. Roosevelt will introduce Mr. Beard just as soon as she and I discuss a letter sent in by a listener.

[Break: 01:05-01:10]

[ER:] Very gladly, Elliott. Mr. James Beard was a Broadway actor playing with Walter Hampden before he turned cook. His stories of the history and background of the food we eat today are fascinating. It gives me great pleasure to present to you Mr. Beard.

[James Beard:] Thank you, Mrs. Roosevelt, and I'm very happy to be here and talking about cooking and about food.

[ER:] It certainly is nice to have you, Mr. Beard, what do you consider the most important single happening in the history of food and eating?

[James Beard:] Undoubtedly the discovery of America; does that sound strange to you?

[ER:] That does sound strange!

[James Beard:] Well, you know Columbus started out in search of spices; [ER: Yes] instead of that, he found the greatest food-store house that had ever been discovered, since perhaps this China was discovered by a few people on the caravan trail. You see we had potatoes, as you well know, in this country or in South America, and corn, but a great many people don't realize that beans, which have been a staple in Europe for many, many years, and well turkeys. Did you ever know what turkeys were called originally in France?

[ER:] No, what were they called?

[James Beard:] Jesuits, because—
[ER:] Jesuits!
[James Beard:] Yes.

[ER:] Oh, how amusing. Why?

[James Beard:] The Jesuits took the first turkeys back from America, and eh they cultivated eh them in Bourges.

[ER:] Oh yes, those Jesuits who came down the Mississippi [James Beard: That's right, that's right.] and the St. Lawrence there, yes.

[James Beard:] Took the wild turkey strain back. And for many years -- in fact, in some villages in France, I've discovered that they're still called Jesuits by the peasants.

[ER:] I think that's very amusing. Well, can you think of any other food? I can-I can well see, of course, what potatoes meant to the old world. Did we introduce potatoes to Ireland, for instance?

[James Beard:] Potatoes crossed the ocean seven times before they came to North America. They were taken by the Spaniards to Spain, and finally they managed to get to Italy. From Italy, they crossed again to-to Florida and were never used as food. They went back to England, and they were called “hog food” in England, and [James Beard and ER laugh] then they were sent to Ireland -- strangely enough -- and the Irish brought them back to the Jamestown colony.

[ER:] That’s very interesting, and that’s how they went from, really, then first from South America, [James Beard: From Peru, yes] from Peru.

[James Beard:] In Peru you’ll find now, I think, three hundred different varieties of potatoes. They go from a deep purple into the white ones that we very ordinarily see.

[ER:] A deep purple, well now what does that taste like; is the taste different too?

[James Beard:] The taste is quite the same. Not quite as attractive to look at because I don’t think purple or blue food are ever attractive to look at. (4:08)

[ER:] That’s very amusing. And do they use it eh for human food or [James Beard: Oh yes] with animals? They use it for human food in Peru? Um now that must’ve been in Peru originally an Indian um growing—

[James Beard:] The Incans were great agriculturists, you see.

[ER:] The Incans were great agriculturists.

[James Beard:] They were--their culture was an agricultural culture, rather than a-a literary and artistic culture, I think.

[ER:] And so--well now, also um I’ve—I’ve known for a long while that corn is something that came from this country. Is that North American or is that also South American?

[James Beard:] That’s also from the Incas.

[ER:] Also from the Incas?
[James Beard:] Yes.

[ER:] That’s interesting. [James Beard: It was, uh.] It was grown, for instance, in the uh mountains around Peru [James Beard: That’s right, mhm.] before we grew it here?

[James Beard:] And they made eh all sorts of vessels in the shape of ears of corn uh, many of the temples vessels and their decorative vessels were in corn and potato shapes.

[ER:] And, of course, many of their bowls um where shaped so that you could grind the corn in the bowls.

[James Beard:] That’s right, like the metates that you still find in Mexico. Although I find that Mexican women no longer use the metate.

[ER:] They don’t?

[James Beard:] They find that it’s much pleasanter to take the corn into town and have a little gossip while it’s being ground.

[ER:] Being ground? [ER and James Beard laugh] I see, you don’t grind it the old-fashioned way anymore [James Beard: True.], I see. Well, can--what-other um foods do you think eh changed the dietary habits of Europeans that came from either South America or North America?

[James Beard:] I think eh all of the nightshade family: peppers, and tomatoes, and eggplant. (5:46)

[ER:] All of them came from here?

[James Beard:] From South America [ER: From South America, at first], from Central America, yes.

[ER:] That’s very interesting because I had thought that those things must come very--those-that those countries were more largely tropical and therefore wouldn’t have quite the same vegetation that we have.

[James Beard:] Well, I think as you find in the south of South America, in Peru and in the mountains and through Brazil, where you find more temperate climate, you’ll find that the nightshade foods grow more plentifully. And of course, they do grow in the tropics as well. Of course, tomatoes took a long time to become accepted, as you know. People thought they were decorative and not edible.

[ER:] Well, now I didn’t know that. You said they wouldn’t eat tomatoes?

[James Beard:] They were called love apples, [ER: Oh, I do remember.] and they were put in the garden, [ER: Mhm.] and finally someone had the courage to start eating them and found that they were very delectable. In fact, there’s quite an interesting story. There’s a famous French dish called Lobster a l'Americaine. And some food authorities think it should be called Lobster a l'Armorican, but Armorica is the old word for Brittany, as you know. And when the dish was invented--it’s a dish with tomatoes--tomatoes were considered poison in Brittany, but there were eaten in Provence. So they have decided that it was named in honor of some American visitors to Paris by a Provençal chef, instead of being Armorican.

[ER:] Oh, I think that’s very interesting. Well, can you tell me a at all what a basic European diet was at the time we were developing all of these foods over here.
James Beard: It was hearth-baked bread and meat and eh very little other grain food and very few green vegetables.

ER: Very few green vegetables—

James Beard: Certain root vegetables such as carrots, turnips.

ER: What about salad? I always think of salad as being something the French people always liked.

James Beard: Salad is more of a southern dish. I think the Italians and the Provençal ate a great deal of salad, because they—they used olive oil and the sour wine, which, after all, is the name for vinegar, and eh they developed salads more in the nineteenth century than they had in the olden times [ER: Mhm]. They didn’t enjoy raw food except root vegetables. (8:22)

ER: Well, I suppose they were really afraid. I suppose raw food as the-as a whole led to eh too many illnesses, and they were afraid.

James Beard: I think that’s probably true, mhm.

ER: Because I remember my surprise when Madame [Soong Mei-ling] Chiang once told me that nowhere in China could you eat anything which you didn’t boil, and that even when you um were travelling and had to take water from a stream or a river, you always boiled it. If you didn’t you were uh be expecting that you would be ill.

James Beard: I wonder if you notice that they are now selling drinking water in tins in New York.

ER: In New York?

James Beard: Yes.

ER: I didn’t know that.

James Beard: Quite a story in the papers about it this week. (9:05)

ER: My goodness. That I think is really funny because we certainly don’t need that precaution in New York. What kind of water is it?

James Beard: Well, it’s uh it’s highly uh purified drinking water that you may keep on your emergency shelf or take with you on a trip. [ER: Oh.] Fifteen cents for one long drink, I understand.

ER: Well, uh is it because they don’t think New York water is pure or what?

James Beard: No, I think it’s primarily for people who are going away on a trip. Are not sure about the water that they would have and—or babies formulas and things like that [ER: Yes, I see, I see.] where they need purified water.

ER: Well, um I wonder if um -- how-how did certain foods become part of the national picture of different countries?

James Beard: You mean certain dishes or—
I think dishes, really, I think that-- because I think, for instance, just as I said, I think of salad in France, but I also think of an omelet in France.

Exactly. I think France developed regional dishes because in the north in Normandy and through the dairy country where they have wonderful eggs and butter and cream, you're liable to find the best omelets, the ones at Mont Saint-Michel for instance were the famous ones.

Famous ones at Mont Saint-Michel. I think of Mont Saint-Michel first of all with omelets and then with a uh chicken slowly turning on the open hearth on a spit.

Which is a very delicious chicken when it's finished, but I think that's the only part of France that really is omelet conscious. I think as you go south, you find different types of food.

You do as you go as you go further south. Well now, what countries, now you think of Italy primarily for its spaghetti and cheese and so forth, but—

And things made with olive oil.

That's true of the south of France, too where olives are a native crop, they use olive oil a great deal or they use butter in the north and in Perigord they use goose fat.

And of course, you always think of Strasbourg um-uh for-for, uh pate de foie gras.

That's true. Well, that's very sort of interesting to think. I never—I'd always known what I associated with different countries, but I never gave it much thought before. Um I wonder if if any particular nation excels in cookery from your point of view?

Well, I think probably the French more than any other.

The French? Well, I would've said the French too, and I would've said probably that the English had the least gift for—the least imagination. Well now, I'm sorry to say that I see our announcer must have a word, and then we'll come back because there are several questions I still want to ask you.

Now we return to our interview with Mr. James Beard, who uh turned into a famous cook and has sold many uh very famous cook books. He's one of America's leading food authorities. Now um we just said that we felt that France was probably the most uh well known as a place for good food, I wonder -- and that we did not think England had that reputation. Um I'd just like to ask you whether you feel that France has always held this place uh-uh-uh --
James Beard: No, I don't, Mrs. Roosevelt. I think that uh history shows that Catherine de Medici brought great cooking to France because she brought some highly trained cooks who uh had many dishes that had never been known in France before. They uh are supposed to have been influenced by the Chinese, going back to the caravan days and to the days of Marco Polo, who brought back the first pastas to Italy. But I think that France has developed a more highly specialized food in that the country is so situated that you find the finest fruits and vegetables and very fine meats and fish. France is particularly well-blessed with natural food and has always managed to-to eat things at their prime, when they were really in season. I think sometimes it's unfortunate that we can't have everything at the peak of its season. We very often have strawberries that are at their peak in California when we're freezing in the middle of winter, and they're not quite as delicious as –

ER: They're not quite as good.

James Beard: No.

ER: Well, that-that's true, I think. Well, I've heard many people who more or less belittled American food. Do you feel we've developed an American school of cookery?

James Beard: Well, I think we have a very interesting school of cookery because it's-it's an international school of cookery. I think if you travel through the country and go into the Bohemian groups and the-the German groups, the Scandinavian groups, you will find a wonderful adaptation of their n-native cookery, and, as well, you'll find cookery that-that stars the natural products of this country. Haven't you found that in your travels around the country?

ER: Yes, I found that uh as you went into differ--I think our cooking is quite different as you go into different parts of this country. [James Beard: Exactly.] Southern cooking is very distinctive, but New England cooking is just as distinctive.

James Beard: Exactly, and I think one of the great mistakes is that they want to have New England cooking in the South and Southern cooking all the way across the country.

ER: Well, um I um I think perhaps it's um a mistake to do that because you don't have the-the ingredients really in the different parts of the country.

James Beard: I've often wanted to count the number of southern-fried chicken signs in the country and I've struggled--[James Beard and ER laugh]

ER: Which you've had in other place where it wasn't so well done!

James Beard: Exactly. [James Beard laughs]

ER: Well now, I've noticed that you've written about cooking out-of-doors. Does that mean you're particularly fond of picnicking and of eating out-of-doors?

James Beard: I certainly am, and I believe you are too, are you not?

ER: Oh, I love to eat out-of-doors. Um I don't know that I'm such a good eh out-of-doors cook.

James Beard: Well, I don't know. I've heard a good many things about your ability as an out-of-doors cook, and uh may I ask you about one famous picnic that you gave, Mrs. Roosevelt [ER: Yes] for the king and queen? [ER laughs] I'd like to know the royal reaction to hot dogs.
Well, the queen had a very difficult time. She could not get her hot dog into her mouth. She had to nibble at it [James Beard laughs], and she found that extremely difficult. But the king liked it very much. We made a great effort at that picnic to have all kinds of special American things. We had um hams that were cured in different ways from different parts of the country: a Tennessee mountain ham cured in their way and a Virginia ham—

James Beard: And they're all so different, too, the various hams.

ER: Oh, very different, very different. And then we uh -- for the first time, he'd never tasted smoked turkey before.

James Beard: That must've been rather a treat, because it's excellent when it's—

ER: It's very--it was very good, and he enjoyed it very much and so did she. But hot dogs I think she found a little bit difficult.

James Beard: Probably was a very wise move though to introduce them, don't you think?

ER: Well, I think it's always a good thing to let uh people see what so many of us like when they come from another country. Now most of us like hot dogs; I like them very much, and the children, of course, just clamor for them--my grandchildren. [James Beard laughs] And I was so amused I said to um my daughter-in-law, "Well, I don't suppose this hot dog picnic we're having tomorrow for 120 little children from Wiltwyck um will be very good for our own children." She said, "Oh Haven's been begging for hot dogs ever since we came!" [James Beard and ER laugh] So we had hot dogs.

James Beard: People ask me what I think is the most representative American food sometimes, and I say the hot dog, because you can't go to a ball game or a-a party of any kind without finding them in one form or another, even from the very small ones to the huge, oversized hot dogs.

ER: Well, I think hot dogs and-and um, of course, if you want to include beverages, that coffee is our national vice.

James Beard: I think that's probably true. More people spend more time drinking coffee than anything else.

ER: Well, what of the age-old question about women excelling as homemakers and men as cooks? Do you consider men better cooks than women, sir?

James Beard: I think that's a very difficult question to answer without getting both sectors in your hair at the same time. (18:57)

ER: Well, I will answer for you. My husband always said that he was a better cook than any woman, any woman at all, and when I would try to inquire, it was always things that he had cooked onboard ship, and they were usually the most horrible-sounding messes. [James Beard: Like cat pudding!] He always said that they were better than anything, and I always decided it was because when you are onboard ship, you could eat anything, it didn't matter what was in it, you could eat it, you were so hungry.

James Beard: I think that's probably true, but uh did he have anyone who would uh say that he was a great cook besides himself?
[ER:] Well, all the people who sailed with him always said he gave them very good meals. I don't know about his own children, but um most of the people who used to go on expeditions with him said he fed them very well. Now, I don't know whether that meant they thought he was a really very good cook, but oh he felt he was a wonderful cook.

[James Beard:] Well, I find that most men who brag about their ability to cook and finally admit that they make a fine spaghetti sauce. As the more--the prouder they are of it, the longer it takes to make. Those are exceedingly proud of their spaghetti sauce: "Mine takes three and a half to four days to make and make properly." Now I don't believe anyone should spend that much time making one dish.

[ER:] Well, I remember very well on one occasion when the sculptor Paul Troubetzkoy was here, um he announced my husband turned to me, that he would come and cook supper for us. He was um-uh he didn't believe in eating meat; um he was vegetarian. So he was going to make a special kind of Italian risotto. And in the first place we waited and waited and waited, having carefully purchased all the ingredients, and I think he forgot all about it, but about nine o'clock, after many telephones, he appeared. And by the time we really had anything to eat, it was nearly eleven. So I decided that men are not quite as um well let's say um-uh on time with their meals as women. (21:05)

[James Beard:] Do you think they're more imaginative sometimes?

[ER:] Oh much more imaginative, much more, and I think women are neater um—

[James Beard:] I think that's very true. Men really have to have someone to clean up after them.

[ER:] I think that's so um, but I-I agree with you entirely. I think men have much more imagination and also they have more courage about trying um new things. Perhaps that's because the woman thinks how angry her husband is going to be if he doesn't like what she gives him, whereas the man, if he's doing it, thinks only about whether if he's going to like it. [ER and James Beard laugh]

[James Beard:] I was reading a book written by an American woman, Elizabeth Robins Pennell, the other day called [ER: Yes] A Guide for the Greedy, and she was really quite uh a rebel as far as food is concerned and uh had not much use for her sex as cooks. She much preferred the cooking of the great chefs. She, what—

[ER:] Have there been no really famous women cooks?

[James Beard:] Well, I suppose Benny Farmer is the exception. [ER: Yes, she's the exception.] There's never been a great chef [ER: Never been a great chef.], a famous chef, a woman. We have two, Benny Farmer and Mrs. [Isabella] Beeton, they--who wrote an untold number of cookbooks in her thirty-three years of life [ER: Mhm]. I think most people picture Mrs. Beeton when they read about her as a-a very sedate dowager sitting back writing.

[ER:] She was only thirty-three?

[James Beard:] She was only thirty-three when she died.

[ER:] Good gracious. Well, do you think that people who cook for pleasure have certain dishes they prefer to all others? (22:44)

[James Beard:] I'm not sure. I know that—
What's your favorite?

I don't have a favorite, I-I'm certain. I eh enjoy cooking practically any dish that comes along. I-I don't like to bake cakes.

You don't?

No.

Who do you consider the greatest chef of modern times.

Of modern times? I suppose Prosper Montagné, who died about two years ago. Most people, I think, would say [Auguste] Escoffier, but Escoffier had much better publicity than Montagne and was not uh as great a man creatively. I think that Montagné's great work aside from being a fine chef was his editing of The Larousse Gastronomique, which is the most exhaustive encyclopedia of food that could be found.

Now that's-that's very interesting. I had forgotten about that, but um I wonder if the man, besides being more imaginative, doesn't perhaps bring a more historic sense to his cooking.

Probably, I think that's very true, mhm.

And that's-that's what does it. He ties it up with um things of the past, and-and uh makes it much more interesting.

Yes, he-he builds a story; he builds something creative around each dish that he prepares.

Well, that's why it's interesting. Well now, I see our time has come to an end, and I want to thank you so much for being with us today.

Well, it's been delightful, Ms. Roosevelt, and perhaps someday we will have a contest to see which one of us does hot dogs the best.

That's wonderful. I will ask you to my next picnic. I wish I'd had you when I had to uh uh three hot dogs apiece for 120 youngsters!

Well, you should send out a call. [James Beard laughs]

[Break 24:33-24:50]

I want to tell you today about something important which is being done by UNESCO. That's the United Nations Educational Scientific and Cultural Organization. Did you realize that there are one thousand two hundred million people in the world today who cannot read or write. Seventy million of them live in Latin America. I think we all know that wherever you find so many illiterate people, you will always find hunger and poverty and disease. And we are all eager to see something done about it. It seems that one of the big problems is that there aren't nearly enough teachers to go around. That's why I was glad to hear about the new international school, which has just been opened at Pátzcuaro, Mexico, by UNESCO to train new teachers from Latin America in fundamental education. That means that while the people are learning to read, they are also learning how to protect themselves from malaria, about practical farming methods, better housing, proper diets, and perhaps even to organize a ball team to bring a little fun into their lives. The interesting thing about the new school at Pátzcuaro is that the graduates will work in teams of five, each a specialist in one of these subjects, and will then go back to their own countries.
and start similar teams so the teachers will be trained by a kind of chain reaction. It seems to me that Mexico is a fine choice for this school because Mexico has done a good job herself with just this kind of education. You've heard about their schools on wheels for their rural areas, and even today, every Mexican who learns to read and write believes it is his patriotic duty to teach somebody else. Their motto, "each one, teach one", could pay big dividends throughout South America.

[Break 26:53-27:03]

[Ben Grauer:] This has been the Eleanor Roosevelt Program, recorded in Mrs. Roosevelt's living room in the Park Sheraton Hotel on the corner of 55th Street and 7th Avenue in New York City. Today, Mrs. Roosevelt's guest was famed Broadway actor and now well-known cooking expert, Mr. James Beard. Before we announce tomorrow's guest on the Eleanor Roosevelt Program, we'd like to bring you this announcement from the U.S Marine Corps. It's a message for parents of young women who are considering service. Plus offering independence and security, the Marine Corps develops a young woman physically and mentally. Leadership training is a must in every young woman Marines program. As a Marine, your daughter will share the proud Marine traditions, traditions which have become legendary since the inception of the corps. She'll be trained by women who are experts in their field. She'll be ready to face whatever problems present themselves with the poise traditional to women who are Marine trained. Get all the facts by contacting the Marines at 346 Broadway. Mrs. Roosevelt and Elliott Roosevelt will be with you again tomorrow, and our guest will be Mrs. Roosevelt herself, who will be interviewed by Elliott in the concluding program in this series. Tomorrow from 12:30 to 1:15 P.M, the concluding program of the Eleanor Roosevelt series. Till tomorrow then at the usual time, this is Ben Grauer bidding you good afternoon.


[Ben Grauer:] Mrs. Roosevelt in discussion with Elliott Roosevelt, and now it's guest time on the Eleanor Roosevelt Program, but just a moment for me before Mrs. Roosevelt introduces her guest to look at the program listings for tonight on WNBC. There's a special program at eight o'clock, an address by former President Herbert C. Hoover, who will be speaking at the Iowa State Fairgrounds in Des Moines, Iowa, and former President Hoover's subject is concerning honor in public life. That address is scheduled for 8 to 8:30 on WNBC tonight. At 8:30, our regularly scheduled programs continue with Dimension X: Episodes from the World of the Future, in which the writer's imagination soars away from the actual circumstances of today against the background of amazing technological inventions, the developments of atomic science and of electronics with which our world is constantly being enriched. That's Dimension X at 8:30. At nine o'clock, Dragnet, real police in real dramas based on official police files. 9:30 brings another chapter in Counterspy, in which Don McLaughlin finds radioactive stars as David Harding in another exciting adventure. Tonight's Counterspy chapter is titled "The Case of the Criminal Capital." At ten o'clock, Screen Director's Playhouse. Director George Sydney acts as host and will introduce tonight's players, uh starring Loretta Young and William Lundegan in the play titled Mother Was a Freshman. That's Screen Director's Playhouse at ten o'clock, rounding up the lineup of diversified and interesting programs all on WNBC tonight. And now to tell us about today's guest, here is Mrs. Roosevelt.

[Break 30:29-30:43]

[Ben Grauer:] Yes, just a brief pause for identification before we continue with Mrs. Roosevelt's interview. This is WNBC AM and FM New York, and you're listening to the Eleanor Roosevelt Program, recorded in Mrs. Roosevelt's living room in the Park Sheraton Hotel in New York City. Today, Mrs. Roosevelt's guest is famed Broadway actor and cooking expert, Mr. James Beard. Before we return to our interview, I'd like to remind our listeners about the recent announcement by City Director of Civil Defense, Arthur W Wallander, who announced that the weekly air raid warning siren tests, which have
been occurring on Saturdays have been cancelled for tests on Friday. The new series of air raid warning tests started at 11 a.m on Friday, August 10th, and will be held on alternate Fridays until further notice. As you recall, there was an air raid warning test last Friday the 24th. There will not be an air raid warning test tomorrow at 11 a.m. They are being held, as we say, alternate Fridays. The next air raid warning test will be Friday, 11 a.m., September 7th. The test starts with the red or warning signal, a three minute warbling note on the sirens, followed by three minutes of silence, and then the sounding of the all-clear, three one-minute blasts. Next test: Friday, September 7th.

If it should happen here, if a bomb should fall, vast numbers of trained workers would be needed immediately; great quantities of blood would be necessary. Rescue of the injured and mass care of the homeless would become vitally important. The Red Cross has been charged with the responsibility to expand its disaster services and training courses to help mobilize for defense for our homes, our communities, and for the nation. Last July, the Department of Defense requested the Red Cross to assume responsibility for planning and operating a vast blood procurement for the armed forces. Within five days of the first request for whole blood for our combat forces in Korea, the first shipment had been flown across the Pacific, as you know, other shipments followed regularly. The Military Blood Program, though particularly vital, is only one of many services that the Red Cross performs for the uniform, and you support all these services when you contribute to the 1951 Red Cross Fund Appeal. So give today and give generously. Send your check to the American Red Cross at 315 Lexington Avenue, New York 16, New York. Here again is Mrs. Roosevelt.