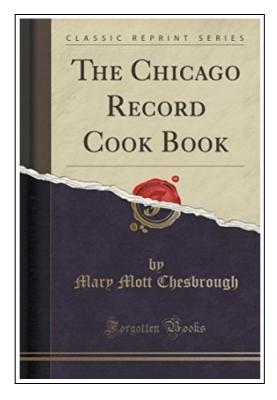
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Forgotten Books, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Excerpt from The Chicago Record Cook Book This is a Cook Book by the people and for the people. The unpublished cooking lore of all sections of our vast country has been drawn upon liberally. By its use families of moderate means can get out of the ruts that lead to dyspepsia through the dead level of monotony. The gastronomic surprise that became so necessary to one of Balzac s characters can be obtained without the aid of a French chef. These menus were written by a large number of women scattered from ocean to ocean, and from the great lakes to the Gulf of Mexico. The larger part of them have been published in The Chicago Record, and although each was prepared without reference to any other, it is hoped that the daily succession of dishes will be found satisfactory, both from an economic and a gastronomic point of view. An harmonious whole has been produced by inserting the necessary number of reserved manuscripts, and varying somewhat the order of original publication, so that in many cases the remnants from one days meals supply dishes for the next; the roast, when sufficient is left for the following day, will be found to harmonize, cold, with the rest of the bill of fare, and may be substituted for the fresh meat given. The aim has been to furnish a great variety of pleasing and nutritious meals, daintily served, that may be used by families whose style of living does not exceed an annual expenditure in provisions of a hundred dollars for each person, where the family numbers four or five or more members. The three Holiday menus...



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