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Reviews

Very good eBook and beneficial one. It generally is not going to price a lot of. I discovered this ebook from my i and dad advised this book to learn.
(Tyrel Bartell)

ALABAMA TECHNICAL INSTITUTE AND COLLEGE FOR WOMEN BULLETIN, VOL. 15: MENUS FOR COLLEGE WOMEN; OCTOBER 1921 (CLASSIC REPRINT) (PAPERBACK)**DOWNLOAD PDF**

FBC LTD, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Excerpt from Alabama Technical Institute and College for Women Bulletin, Vol. 15: Menus for College Women; October 1921 John Stuart Mills has been quoted as saying that the first item to be considered in arranging the curriculum for any student is his daily menu. Whether he actually said this or not, certainly it is a statement of a truth that any thinker should be proud to have the right to claim. It is a well known fact in this day of the scientific study of foods that you cannot get good results from students in any line Of work unless you feed them properly. A balanced ration is more necessary for man than for a horse or cow. Stock men are very careful about the feeding of lower animals, and, yet, little or no attention is given to the proper food for a man. Is it not strange that our institutions of learning have not made this the first study in planning their courses Of study? In order that the patrons Of the Alabama Technical Institute and College for Women may know what their daughters have had to eat, the daily menus for one month are published exactly as they were served for that month. The cooking in every instance was excellent and service at the tables conducted as nearly as possible like that in any refined, well regulated family. The food supervisor, Miss Anna Irvin, has had wide experience as a teacher and dietitian. Her success in the management of the dining room is conclusive proof that scientific preparation is as meces sary for this department as for any other in school work. This col lege has from the beginning furnished good board....

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