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Domestic Cook Book: A Companion to Pulte s Domestic Physician, Being a Practical Guide in the Preparation of Food for the Well and the Sick, and Containing Also Useful Hints for the Household

By Mrs J H Pulte

Forgotten Books, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Excerpt from Domestic Cook Book: A Companion to Pulte s Domestic Physician, Being a Practical Guide in the Preparation of Food for the Well and the Sick, and Containing Also Useful Hints for the Household This work was originally a suggestion of the late Dr. Pulte, and was intended as a companion to Pulte s Domestic Physician, to be a practical guide in the preparation of food for the well and the sick; for the former that he might remain well, and for the latter that he might be aided to recover his health. It is a fact, too little understood, that many of the ills that afflict mankind are directly traceable to the use of poorly prepared and unsuitable food. The poor cook is the modern Pandora, and her kitchen is the box from which are issuing dyspepsia, gout, rheumatism and a host of other evils. Your energetic business man, of happy mood and contented at home and abroad, will be found to have a good digestion; whereas, your sour, morose and irritable man for whom...



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