


[DOWNLOAD](#)

[READ ONLINE](#)

[ 1.52 MB ]

## Five Cent Meals (Classic Reprint) (Paperback)

By American School of Home Economics

Forgotten Books, 2018. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Excerpt from Five Cent Meals The book and bulletin give instructions for providing wholesome and palatable meals at the least possible expense, with simple equipment and reasonable expenditure of time. Recipes give quantities suitable for serving families of six with two adults, or seven with one adult. With careful buying and with little or no waste the meals given can be provided for fifteen cents per day per person - hence the title of the bulletin, five-cent Meals. By buying in wholesale quantities the cost might be made less, but retail city prices at the cheapest stores, under ordinary conditions are intended. In such a dietary no butter, high-priced meats or fruits or vegetables, and few kinds of canned goods can be included; few eggs at high prices can be used, though desirable for the children. A fair quantity of milk is included because it is necessary for the health of young children. Reliance must be placed chiefly on the hours and meals, sugar, meat and cheese at low prices, dried beans and peas, winter vegetables, dried fruits, oleomargarine in place...

### Reviews

*These types of ebook is the best book available. It really is written in easy terms instead of hard to understand. You will like just how the article writer create this book.*

-- **Krista Nitzsche Jr.**

*The publication is great and fantastic. It can be filled with knowledge and wisdom You won't truly feel monotony at any moment of your time (that's what catalogues are for about if you ask me).*

-- **Dr. Marcos Grimes III**

## See Also



[Games with Books : 28 of the Best Childrens Books and How to Use Them to Help Your Child Learn - From Preschool to Third Grade](#)

Book Condition: Brand New. Book Condition: Brand New.



[Games with Books : Twenty-Eight of the Best Childrens Books and How to Use Them to Help Your Child Learn - from Preschool to Third Grade](#)

Book Condition: Brand New. Book Condition: Brand New.



[Index to the Classified Subject Catalogue of the Buffalo Library; The Whole System Being Adopted from the Classification and Subject Index of Mr. Melvil Dewey, with Some Modifications .](#)

Rarebooksclub.com, United States, 2013. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This historic book may have numerous typos and missing text. Purchasers can usually download a free scanned copy of the...



[Because It Is Bitter, and Because It Is My Heart \(Plume\)](#)

Plume. PAPERBACK. Book Condition: New. 0452265819 12+ Year Old paperback book-Never Read-may have light shelf or handling wear-has a price sticker or price written inside front or back cover-publishers mark-Good Copy- I ship FAST with FREE tracking!!!! \* I am a reputable...



[Simple Signing with Young Children : A Guide for Infant, Toddler, and Preschool Teachers](#)

Book Condition: Brand New. Book Condition: Brand New.



[I Am Reading: Nurturing Young Children s Meaning Making and Joyful Engagement with Any Book](#)

Heinemann Educational Books, United States, 2015. Paperback. Book Condition: New. 234 x 185 mm. Language: English . Brand New Book. It s vital that we support young children s reading in ways that nurture healthy reading identities, that foster an attraction to...