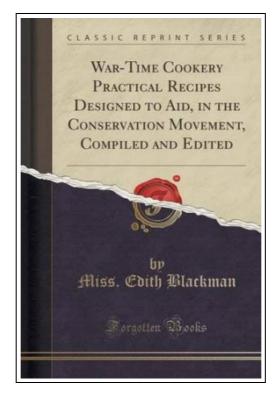
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## WAR-TIME COOKERY PRACTICAL RECIPES DESIGNED TO AID, IN THE CONSERVATION MOVEMENT, COMPILED AND EDITED (CLASSIC REPRINT) (PAPERBACK)



Forgotten Books, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Excerpt from War-Time Cookery Practical Recipes Designed to Aid, in the Conservation Movement, Compiled and Edited Let us remember that every flag that flies opposite the German one is, by proxy, the American flag, and that the armies fighting in our defense under these flags cannot be maintained thru the winter unless there is food enough for them and for their women and children at home. There can only be food enough if America provides it. America can provide it only by the personal service and co-operation of all. The small daily substitution can be done by all; the saving in waste by the majority and the lessening food consumed by many. This little book is not published as a cook book in the sense that it covers all phases of cookery. It is the outcome of an earnest desire to know how, in the average home, one may conserve some materials and substitute others for those needed most by our men and Allies, without radically changing the daily menu or method of living. By giving the matter earnest thought we may easily plan for seven wheatless, fourteen meatless, and twenty-one wasteless meals each week and serve food which is attractive, palatable, and sufficient for the daily needs of the body. While leaving eggs and milk out of many recipes, lessens the food value of the dishes, this often seems a wise elmination. Eggs, when used, should be looked upon as a meat substitute, and the children often need the milk. About the Publisher Forgotten Books publishes hundreds of thousands of rare and classic books. Find more at This book is a reproduction of an important historical work. Forgotten Books uses state-of-the-art technology...

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