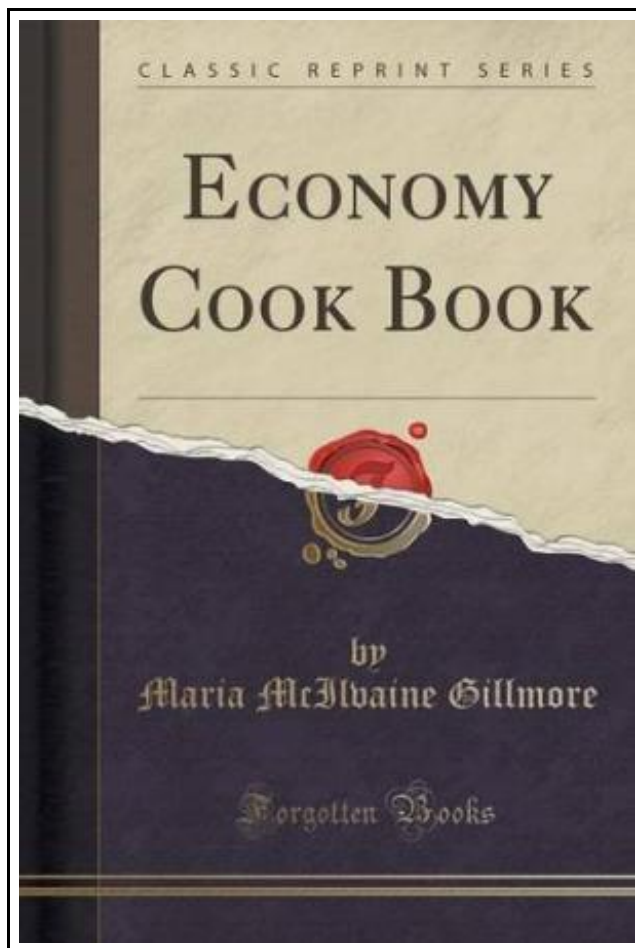


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***(Mrs. Macy Stehr)***

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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 Economy Cook Book This book is designed to take the place among recipe books that the Ford does among automobiles. It is simple, practical, economical. But back of any recipe book must come intelligent planning of the meals, for at best recipes can only be the method of making foods palatable. Much depends upon arranging menus to promote the greatest degree of growth and health. In the average family which consists of adults and children both groups must be considered, for upon the proper feeding of its future citizens depends the future power of our Nation. Children require more food of the body-building class than grown people; more food containing protein, as meat, fish, poultry, eggs, and milk, which is most important of all. If fresh milk is not available condensed or evaporated milk should be substituted. Adults after forty require little meat. Once a day is often more than enough. Much acute indigestion, auto-intoxication, etc., would be avoided by a diet consisting principally of meat substitutes, vegetables, and lighter foods. Of course those who lead a sedentary life require less substantial food and a smaller quantity of it than those who are engaged in muscular occupation. And with the proper planning should go regularity of serving, the same meals at the same time each day, the lighter meal at night, thorough mastication of the food, a cheerful atmosphere. 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 to digitally reconstruct the work, preserving the original format whilst repairing imperfections present in...

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