



Economy Cook Book (Classic Reprint)

By Maria McIlvaine Gillmore

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...

[DOWNLOAD](#)[READ ONLINE](#)

[1.61 MB]

Reviews

This composed ebook is wonderful. It really is written in basic words rather than hard to understand. You may like the way the writer compose this pdf.

-- Ryder Nolan

This book can be well worth a go through, and a lot better than other. It is written in simple words and phrases and not confusing. Its been printed in an exceptionally simple way in fact it is merely right after i finished reading through this pdf by which basically changed me, modify the way i think.

-- Margot Carter V