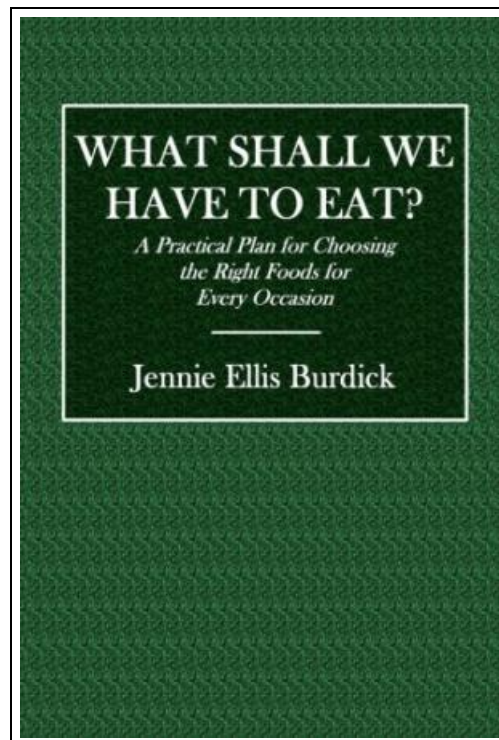


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WHAT SHALL WE HAVE TO EAT?: A PRACTICAL PLAN FOR CHOOSING THE RIGHT FOODS FOR EVERY OCCASION

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CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 142 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. From the PREFACE. From little acorns great oaks grow. Several years ago the head of an internationally known business started the preparation of a list of foods to help his wife in her trying problem of selecting food for the daily meals. It has been my privilege to take this beginning and elaborate it into this book. Housewives possessing What Shall We Have to Eat need never ask assistance or find it the least difficult to plan breakfast, dinner, or supper, or meals for any special occasion. A unique but simple system has made the selection of items for the menu as easy and as pleasant as planning a pleasure trip. To use this book, sit down with it and a piece of paper. Turn to the meal for which you are planning; run down each list, and as you make your selection note it on the paper. Should you want to know how long it will take to cook a certain article, turn to page 112, where there is a Time-table for Cooking, and you will instantly know whether you have time to prepare that particular dish or whether you must make some other selection. If the problem is what to serve when you are expecting some friends in the afternoon or evening, turn to the section on page 59 entitled, What Shall I Serve at My Party. If it is a days outing you are planning, the section entitled, What Shall We Take on the Picnic will make your selection of food for the hamper very easy. Of course, we know that the diet of a child must be different from that of an adult. On page 45...

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