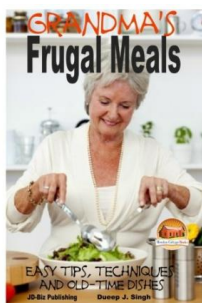


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## GRANDMA S FRUGAL MEALS - EASY TIPS, TECHNIQUES AND OLD-TIME DISHES FOR HEALTHY EATING



Createspace, United States, 2014. Paperback Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Grandma s Frugal Meals - Easy tips, techniques and old-time dishes for healthy eating Table of Contents Introduction Grandma s Tips for Food Substitutions How to Make Perfect Yogurt Meat Choosing the right meat To Buy Storing Meat Baked Meat Patties Meat patty Variations How to Cure Your Own Hams Other Food Found Outdoors Rhubarb Jelly Sassafras Jelly...

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- Authored by Dueep J Singh, John Davidson
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