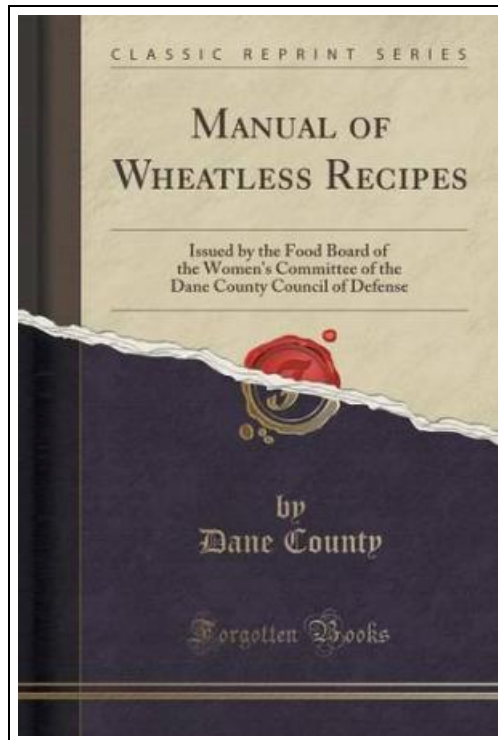


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MANUAL OF WHEATLESS RECIPES: ISSUED BY THE FOOD BOARD OF THE WOMEN S COMMITTEE OF THE DANE COUNTY COUNCIL OF DEFENSE (CLASSIC REPRINT)



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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 **Manual of Wheatless Recipes: Issued by the Food Board of the Women s Committee of the Dane County Council of Defense** The keynote of this little pamphlet of war-time recipes is substitution. By actual experiment during a number of months, we have found it entirely possible to live well on one-half the quantity of meat, wheat and sugar we are normally accustomed to. This is made possible by using substitutes and eliminating waste. By substituting other flours for wheat, giving a liberal allowance of eggs, fish, nuts and vegetables in place of meat, and supplanting the rich made desserts with salads, fruits, raisins, figs, etc., it is not a difficult task. The plea is at once raised that many of these substitutes are more costly than the things we are trying to replace. This is true. At the same time, we are facing a world crisis; thousands of people are starving; our own army in France may very well suffer for lack of bread when in a single week 7,000,000 pounds of food are sunk as occurred not long ago. Isn t it up to the women of America to make a supreme effort to help meet this situation? Economize still further, but do not say we cannot use substitutes because they are too expensive. We can all save a little more on clothes, trips, theatres, and on little personal luxuries. It matters very little whether or not we are wearing a last year s gown and hat, but it will matter to all future generations if we lose this war to make the world safe for democracy. The food question, after all, is largely...



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