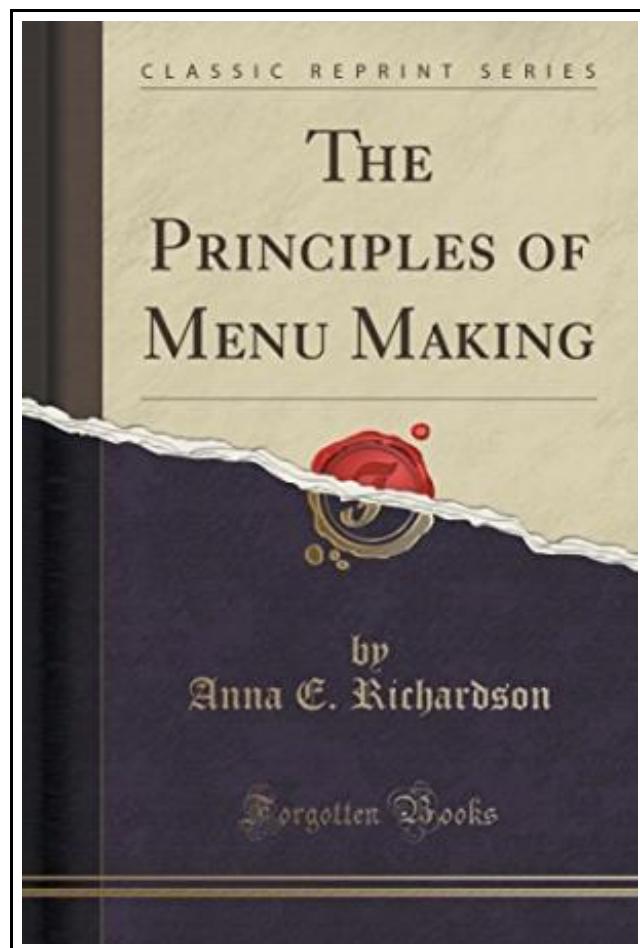


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Forgotten Books, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Excerpt from The Principles of Menu Making The question of the daily menu is one of the most important ones that faces the housewife. What food shall she give her family to eat? In what proportion shall she give these foods to meet the individual needs of each member of the group? Food a Necessity of Life. Nature has provided no substitute for food. Food is absolutely necessary to our life. Man must eat to live. Common experience shows us that if the body is denied food for long, it wastes away, and finally death results. Life nourishes best where there is an abundant and suitable food supply. So well recognized is this importance of food that in making up the family budget, for moderate incomes, the largest proportion of the income is for food, and, if need be, as much as two thirds of the income may be spent on food. The housewife, who in most cases does the buying for the family, thus has a very large share of the income to spend, and this must be spent wisely, if she is to get the returns due her family. Choice of Food. - Long ago when man had to utilize for food, roots, grains, and flesh that were at hand, choice was so limited that the purchasing of food was an easy matter. Now that facilities for transportation place most foods at our command, choice becomes difficult. This is still further increased by the fact that by special cultivation all sorts of vegetables and fruits are available, in and out of season. The housewife is in a quandary to know what to choose. Factors in...

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