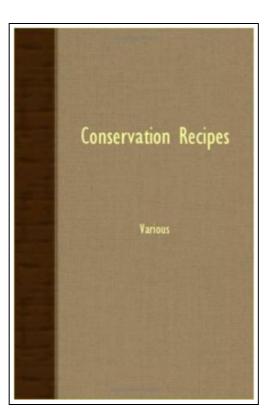
Conservation Recipes (Paperback)



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Reviews

Completely essential study publication. This is for anyone who statte that there was not a well worth reading through. I am very easily could get a satisfaction of reading through a written publication. (Hallie Stanton)

CONSERVATION RECIPES (PAPERBACK)



Read Books, United Kingdom, 2007. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.FOREWORD The Third Edition of the Conservation Recipes is published in order to meet, as far as possible, the needs of the housewife in conforming strictly to the latest rulings of the Food Administration. The following ration is given as a guide only. It must vary from time to time as the food situa- tion changes. Be alert and watch for all Food Conservation reports and be guided intelligently by them. If there is less need of saving certain commodities in some sections of the country because of local conditions, the general rule still holds that Food will win the War. And since that statement is as true now as when it first startled us with its significance, dont waste it, nor use more of it than is necessary for normal health. VOLUNTARY HONOR RATION Per Person, Per Week Meat and Meat Products 2 lbs. Butter for table use . 7 oz. Fat for Cooking ------ 7 oz. Wheat Flour for Cooking Bread of Mixed Cereals - y2 IDS. Sugar not including sugar for preserving 12 oz. CONSERVATION RECIPES SUGGESTIONS SUGGESTIONS FOR MENUS Plan meals as if there were no bread to be had and let one of the starchy foods take its place. If fruit, oatmeal, and eggs are served for breakfast, substitute barley pancakes, for example, for toast. For dinner, potatoes, rice, etc., must be made to take the place of bread, the fancy for handling some of our food, make a point of serving such articles of diet as potato chips, French-fried potatoes, or anything else your ingenuity may devise. If the need of bread is felt. Since we have BREAKFASTS 1. Use non-wheat cereals. Oatmeal,...

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