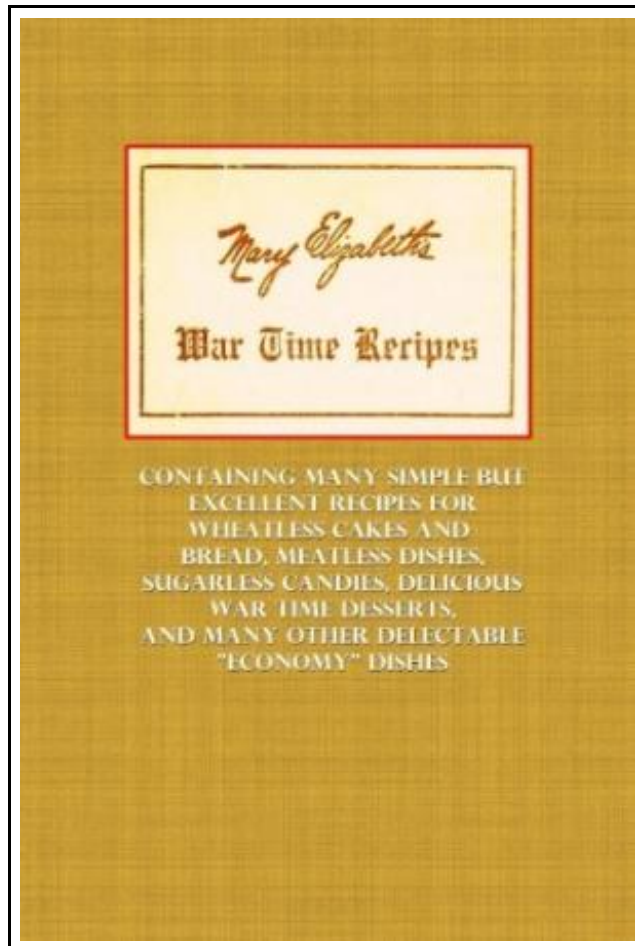


# Mary Elizabeth s War Time Recipes: Containing Many Simple But Excellent Recipes for Wheatless Cakes and Bread, Meatless Dishes, Sugarless Candies, Delicious War Time Desserts, and Many Other Delectable Economy Dishes



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Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Author s PREFACE: In the early days of the war, I came away from a talk with Mr. Hoover and Dr. Taylor of the Department of Agriculture, convinced that unless I could make candy without sugar and cake, and bread without wheat, I was daily depriving our suffering Allies and our Soldiers of food they sorely needed-Soldiers do not fight well if underfed, nor have they good morale if their families at home are hungry. So it seemed to me that women s first war activity should be to cooperate fully with the Food Administration; and I then and there determined that I would sell and serve in my shops only foods that entirely conformed to the requirements of the United States Food Administration. It has meant a good deal of very interesting work, but the results have far exceeded my hopes, and all these recipes are now in daily use in my shops. My opportunities for testing recipes are many times greater than those of most women, and war time foods that my patrons will order and enjoy must possess qualities of merit. The requests for my war time recipes have been so abundant that I am gathering these recipes together in book form, that they may help some folks who have the same earnest desire as myself to aid the Food Administration in every way but lack the facilities and time to work out their own recipes. The Food Administration s rulings will change from time to time, along with crop and other conditions; but the need for wheat, meat, and sugar conservation-except perhaps for short periods-will continue as long as the wheat and beet sugar...

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