



Legumes Dried Beans, Peas, Lentils for Breakfast, Dinner, Supper (Classic Reprint)

By Bessie R Murphy

Forgotten Books, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Excerpt from Legumes Dried Beans, Peas, Lentils for Breakfast, Dinner, Supper This little series of books is a collection of tested and economical recipes for everyday foods that are obtainable everywhere and suitable for any of the three meals of the day. These recipes are written in plain, everyday terms. They are not all original - the authors of many of them are unknown. They form just a little series of everyday books for everybody from everywhere. The World War gave every homemaker an opportunity to realize the difference between use and abuse of foods. For years we have wasted much of the bountiful supply of food produced by our country. Let us then not go backward, but let us go forward, bending every energy to make lasting the benefit in health and economy gained from a diet that not only eliminates extravagance and waste in buying and serving, but also affords greater variety. The recipes in this series call for flour, sugar, and butter. To conserve these three foods just as long as our country and...



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