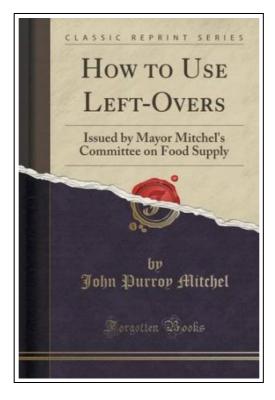
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Forgotten Books. Paperback. Condition: New. This item is printed on demand. 38 pages. Dimensions: 9.0in. x 0.1in.Excerpt from How to Use Left-Overs: Issued by Mayor Mitchels Committee on Food SupplyTo the Purchasing Public: European housewives are noted for knowing how to combine leftovers in such a way as to make most savory and nourishing dishes; indeed, it is a common saying that a European family can live on what the average family in this country throws away. Every scrap of food left over from a meal can be used in some way. Learn To Save Money By Avoiding Waste. If possible, buy for more than just one meal at a time; in other words, when buying, plan to have something left over for another meal, particularly where the first cooking takes a long time or where the food can be reheated to advantage. This will save you time, labor and money. This pamphlet contains over one hundred and twenty-five suggestions on the use that can be made of various left-overs. We have also issued a pamphlet on vegetables. It contains a lot of useful information, gives a list of the various vegetables to be had in the New York market from time to time, tells just how each one can be cooked, how to make fourteen different vegetable soups, etc. We have also issued a very useful booklet on fish. It gives directions for cooking about seventy-five fish dishes, both fresh and salt, and also tells how to make fish soups, fish chowders, fish salads, etc. We have also issued a pamphlet on substitutes for meat. It contains some very interesting information on this subject and gives directions for cooking about one hundred and fifty nourishing and appetizing dishes that can be used in place of meat. All...



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