

**WHEATLESS AND
MEATLESS DAYS**

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Wheatless and meatless days by Pauline Dunwell Partridge & Hester Martha Conklin

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BY
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AND
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1918

FALL

1918

DEDICATED
TO
THE AMERICAN SOLDIERS AND SAILORS

46
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THIS IS WHAT
THE FOOD ADMINISTRATOR URGES.
IS THIS LITTLE TOO MUCH?

The wise and careful use of butter, fat, and milk.

The substitution of other fats for butter in cooking.

The substitution, wherever possible, of other cereals for wheat.

The use of fish, eggs, and cheese to reduce the demand for beef, pork, and mutton.

The more extensive use of vegetables and fruits.

Waste must be eliminated.

Perishable foods locally grown must be consumed more freely.

FOREWORD

Our object in the preparation of this little book at this critical time in our nation's history, when the conservation of food by the women of the country is a part of our battle array, is to put before the housewives of America, at low cost, recipes for dishes so simple, nourishing, and attractive that the matter of reducing the household expenditure and the preserving of the food supply will be an interesting pastime rather than a disagreeable experiment.

We have not gone into the matter of food values as we feel that the average housewife from her own experience will realize from the recipes themselves their substantial qualities.

Once introduced into the family circle they are certain to make many friends who will cling to them long after the war is over.

The practical self-denial of our meatless and wheatless days is strengthening the arms and the hearts of all Americans at home in a peaceful land or abroad in the turmoil of war, as well as sending food to thousands stripped of the very necessities of existence.

We offer you this little volume with the hope that

it may prove a helpful guide in your daily efforts to do your bit in your household, and in a larger way assist our Nation and our Allies by pointing the way toward a reasonable self-sacrifice possible to every man, woman, and child whose heart "follows the flag."

GENERAL DIRECTIONS

All measurements used in these recipes are level.

Each recipe will serve six persons; those for hot breads, cakes and muffins are large enough to be served more than once.

Wherever the recipes require fat, any of the vegetable fats, of which there are many excellent ones on the market today, may be used. In place of the butter in any recipes, butterine, oleomargarine, or any of the good butter substitutes may be used.

Wherever milk is required, skimmed milk may be used with success although it must be remembered that the food value is lowered. Any reliable brand of canned milk may be used if desired.

All recipes have been tested, and if carefully followed may be relied upon to give perfect results.