

EVERYDAY FOODS IN WAR TIME

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Everyday Foods in War Time by Mary Swartz Rose

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MARY SWARTZ ROSE

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IN WAR TIME**

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EVERYDAY FOODS IN WAR TIME

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New York

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The time has come, the Aggies said,
To talk of many things,
Of what to eat, of calories,
Of cabbages and kings,
Of vitamins and sausages,
And whether costs have wings.

Journal of Home Economics,
November, 1917.

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PREFACE

"FOOD IS FUEL FOR FIGHTERS. Do not waste it. Save WHEAT, MEAT, SUGARS AND FATS. Send more to our Soldiers, Sailors and Allies."

The patriotic housewife finds her little domestic boat sailing in uncharted waters. The above message of the Food Administration disturbs her ordinary household routine, upsets her menus and puts her recipes out of commission. It also renders inoperative some of her usual methods of economy at a time when rising food prices make economy more imperative than ever. To be patriotic and still live on one's income is a complex problem. This little book was started in response to a request for "a war message about food." It seemed to the author that a simple explanation of the part which some of our common foods play in our diet might be both helpful and reassuring. To change one's menu is often trying; to be un-