

**A PRACTICAL COOK AND  
TEXT BOOK FOR GENERAL  
USE: THE FAT OF THE LAND  
AND HOW TO LIVE ON IT**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649060382

A Practical Cook and Text Book for General Use: The Fat of the Land and How to Live on It by  
Ellen Goodell Smith

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**ELLEN GOODELL SMITH**

**A PRACTICAL COOK AND  
TEXT BOOK FOR GENERAL  
USE: THE FAT OF THE LAND  
AND HOW TO LIVE ON IT**





ELLEN GOODELL SMITH, M. D.

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A PRACTICAL COOK AND TEXT BOOK FOR GENERAL USE.

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THE

# FAT OF THE LAND

—AND—

HOW TO LIVE ON IT.

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SPECIAL CHAPTERS ON NUTS AND VEGETABLE OILS, AND  
HOW TO USE THEM IN COOKING; MILK; BAKERIES;  
FEEDING INFANTS, AND VARIOUS OTHER SUB-  
JECTS RELATING TO THE FOOD PROBLEM.

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By ELLEN GOODELL SMITH, M. D.,  
*Pony Park, Dwight, Mass.*

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AMHERST, MASS:  
PRESS OF CARPENTER & MOREHOUSE,  
1896.

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TO THE MILLIONS  
OF THINKERS WHO THINK IN NEW DIRECTIONS,  
AND TO OTHER MILLIONS  
WHO DO NOT STOP TO THINK WHETHER  
THEY SHOULD "LIVE TO EAT" OR "EAT TO LIVE"  
THIS BOOK IS DEDICATED.



“Whatever hath life thou shalt not kill.”

“If it happens that thou see anything to be killed,  
thy soul shall be moved with pity and compassion.”

—*Buddhist Scripture.*

Thou shalt not kill.—*Christian Scripture.*

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But words are things, and a small drop of ink  
Falling like dew upon a thought,  
Produces that which makes thousands,  
Perhaps millions think.—*Byron.*