# PLAIN WORDS ABOUT FOOD

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649206438

Plain words about food by Ellen H. Richards

Except for use in any review, the reproduction or utilisation of this work in whole or in part in any form by any electronic, mechanical or other means, now known or hereafter invented, including xerography, photocopying and recording, or in any information storage or retrieval system, is forbidden without the permission of the publisher, Trieste Publishing Pty Ltd, PO Box 1576 Collingwood, Victoria 3066 Australia.

All rights reserved.

Edited by Trieste Publishing Pty Ltd. Cover @ 2017

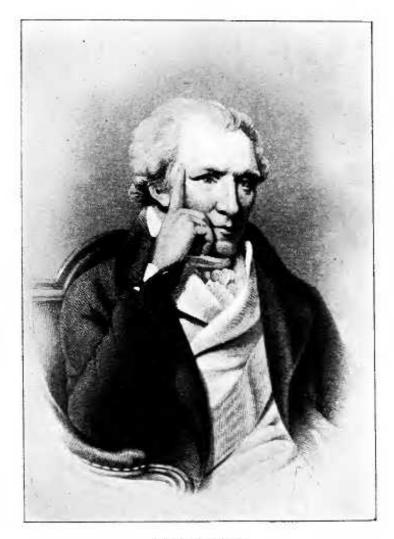
This book is sold subject to the condition that it shall not, by way of trade or otherwise, be lent, re-sold, hired out, or otherwise circulated without the publisher's prior consent in any form or binding or cover other than that in which it is published and without a similar condition including this condition being imposed on the subsequent purchaser.

www.triestepublishing.com

## **ELLEN H. RICHARDS**

# PLAIN WORDS ABOUT FOOD

Trieste



COUNT RUMFORD.

PLAIN WORDS ABOUT FOOD

### THE

## RUMFORD KITCHEN LEAFLETS

egle i e Villena

1899

RAR

BOSTON Rockwell and Churchill Press 1899



#### Copyright, 1899 By ELLEN H. RICHARDS

#### TABLE OF CONTENTS.

(Numbers 1 and 6 are reprinted from the American Kitchen Magazine. Numbers 2, 12, 16, 18, 19, 20 are printed here for the first time.)

												PAGE
INTRODUCTION		00	123	+30	30	35	38	0.9	÷13	100	35	.9
GUI	DE, BTC.			22						-		11
MOTTOES .		14	1.5	1	1	j.		Se	4	4		16
Nun	iber.											
1.	COUST REMFORD AND HIS WORK FOR HEMANITY. ED								len			
	H. Rich	ards	10	8	36	- 30		- 22	6	-		19
2.	RUMFORDI	ANA.	Susi	annah	Mi	ens	÷.		€5		30	28
3.	KING PAL	TE.	Mar	y Hin	man	Abel	line .	201	÷3		(9)	36
4.	COMPARAT	IVE 1	TUTRI	rion.	Eo	lware	1 .11	tinsor	, LL	.D.	÷.	38
5.	EXTERNAL DIGESTION. With. T. Sedgwick, Ph.D., Pro-											
	fessor of	F Biol	ogy,	Mass.	Inst	itute	of T	eebno	logy			45
6.	WATER AN	(D A)	R AS	Foor	· 1	Ellen	11. R	ichar	ds	43	14	50
7.	THE CHEMISTRY OF PROTEID FOODS. John J. Abel, M.D.,											
	Professo	r of l	harm	acolo	gy	lohus	Hoy	ikins	Unive	rsity		58
8.	THE DIGESTIBILITY OF PROTEID FOODS. R. H. Chitten-											
	den, Ph.D., Professor of Physiological Chemistry in Yale											
	Universi	ty	17.Y	1	42	1	14			20		63
97	PROTEIDS	IN OF	R D	MLY 1	FARE	6 M	lary	Hinm	an A	bel.	12	68
10.	The Che Remsen,										Ira ins	
	Universi		с. С	+	, S	18	17		12	8	3	78

125948

		PAGE
n.	THE DIGESTION AND NUTRITIVE VALUE OF THE CAR- BOHYDRATES. W. H. Howell, Ph.D., Professor of	1221
	Physiology in Johns Hopkins University	80
12.	THE PLACE OF FATS IN NUTRITION. Mary Hinman Abel .	85
13.	THE FOOD OF SCHOOL CUILDREN AND YOUNG STUDENTS.	
	Ellen II. Richards	89
14.	THE PROPHYLACTIC AND THERAPEUTIC VALUE OF FOOD.	
		104
15.	Some Suggestions About Nourisument in Acute Disease. Francis II. Williams, M.D., Visiting Phy-	
	sician to the City Hospital, Boston	115
16.	GOOD FOOD FOR LITTLE MONEY. Ellen H. Richards .	123
17,	THE STORY OF THE NEW ENGLAND KITCHEN. Mary	
	Hinman Abel	131
18.	PUBLIC KITCHENS IN RELATION TO THE WORKINGMAN AND	
	THE AVERAGE HOUSEWIFE. Mary Hinman Abel	155
19.	PUBLIC KITCHESS IN RELATION TO SCHOOL-LUNCHES AND	
	TO RESTAURANTS. Ellen II. Richards	161
20.	The Food of Institutions. Ellen H. Richards	166

### LIST OF ILLUSTRATIONS.

COUNT RUMFORD	PAGE spiece
THE RUNFORD KITCHEN, COLUMBIAN EXPOSITION, 1893	п
INTERIOR RUMFORD KITCHEN, COLUMBIAN EXPOSITION, 1893 .	16
INTERIOR RUMFORD KITCHEN, COLUMBIAN EXPOSITION, 1893 .	19
LUNCH ROOM IN THE RUMFORD KITCHEN, COLUMBIAN EXPO-	
strion, 1893	28
LENCH COUNTER AT THE BOSTON LATIN SCHOOL	89
THE NEW ENGLAND KITCHES, HUDSON STREET, NEW YORK .	123
THE NEW ENGLAND KITCHEN, PLEASANT STREET, BOSTON .	132
THE NEW ENGLAND KITCHEN, PLEASANT STREET, BOSTON .	134
THE NEW ENGLAND KITCHEN, SALEN STREET, BOSTON	139.
THE NEW ENGLAND KITCHEN, 485 TREMONT STREET, BOSTON,	161

5

