

# **LIBERTY RECIPES**

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Liberty Recipes by Amelia Doddridge

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**AMELIA DODDRIDGE**

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BY

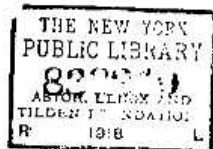
**AMELIA DODDRIDGE**

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CINCINNATI

STEWART & KIDD COMPANY

1918



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A rectangular stamp with a double-line border. The text is arranged in four lines. The first two lines are in all caps. The third line is in italics. The fourth line is in all caps.



**LIBERTY KITCHEN, WILMINGTON, DELAWARE.**

This kitchen was equipped by the Food Administration for demonstration purposes. Most of the recipes in this book were tried out here by the author.

## CONSERVATION SLOGANS

Be a Kitchen Patriot and Conserve.

Save an ounce a day; 'twill surely pay.

Peel potatoes thin and help our Sammies to  
Berlin.

Place meat and buns behind the guns.

The power of an ounce of Wheat is the power of  
a Democracy.

Husband your stuff; don't stuff your husband.

Sacrifice if necessary, but—"Look up at the stars  
and smile at the stripes."

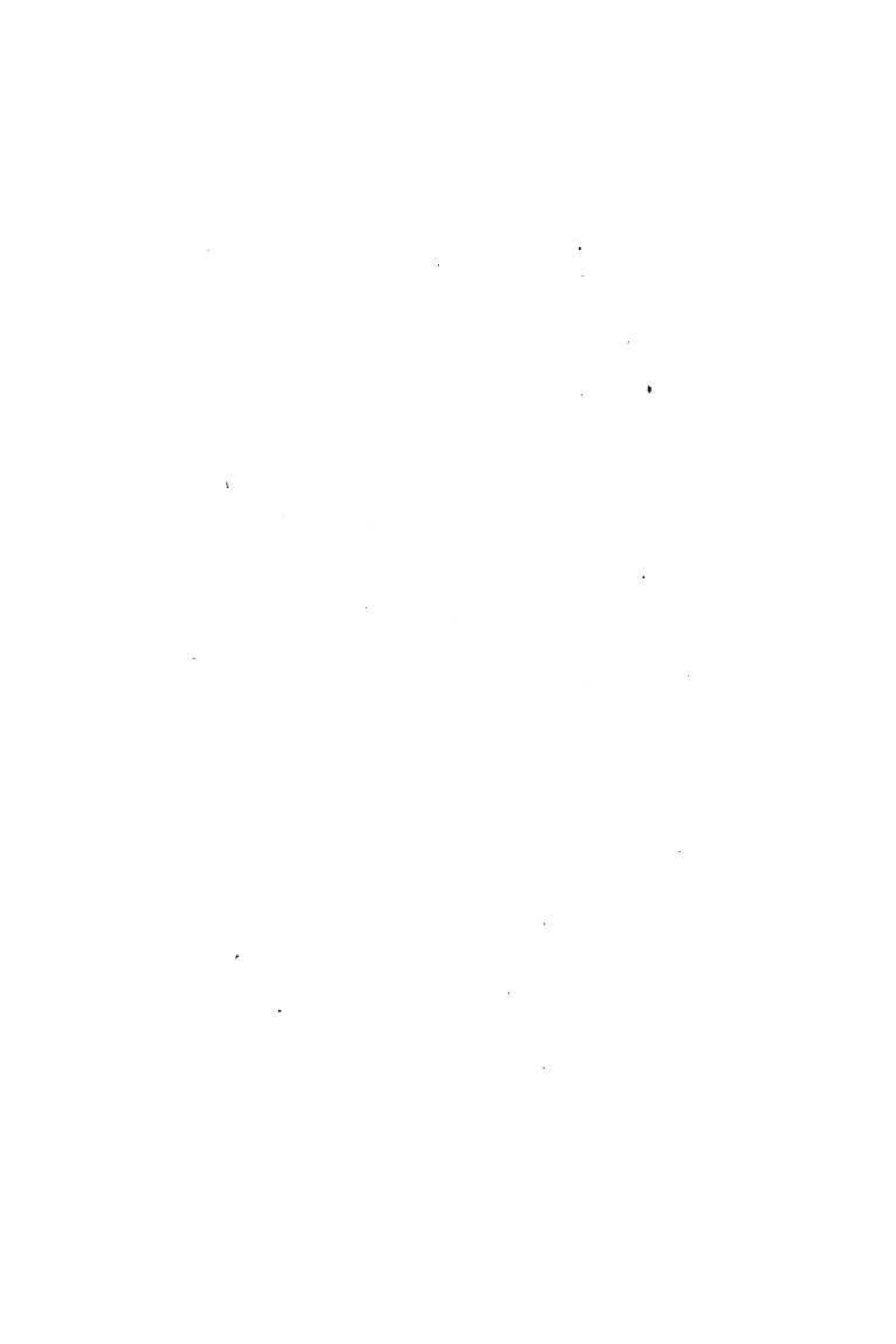
Be a Cheese Patriot; join the ranks and cheese  
the Kaiser.

Let us all pull hard, and at the same "string"—  
save the foods that are needed.

Remember the "Gospel of the Clean Plate."

"Eat Plenty—Eat Wisely—Without Waste."





## FOREWORD

This book of recipes and suggestions for using the "substitute" foods is offered to the housewives and teachers of Cooking in our schools, in the hope that it will be of service in the present emergency call for Food Conservation. This collection is the outgrowth of several years of experience in working out practical recipes and of six months' concentrated experimentation in the use of the special food products so greatly urged in these war-time days.

However, it is not intended that this work be a "Liberty" issue only and to be used just for the present. Since all the recipes are tried and true, they should be usable and still practical even after the war clouds pass and Freedom is ours.

Although numberless leaflets and bulletins of recipes are now available, the modern housewife with the multiplicity of increasing duties takes little time to use them in a benefiting way. She thinks it too much trouble to hunt in a pile of

## FOREWORD

leaflets for the recipe she wishes at the particular time she needs it. Having this in mind, there is given in this book, in a concise form, a collection of recipes for breads, meat-substitute dishes, deserts, cakes, and pastries, which affords an opportunity for the selection of an entire menu, without having to consult various bulletins. Directions are given simply, and basic principles used freely so that even the untrained and inexperienced housewife or student may follow and the way be made easy.

Acknowledgement is hereby given to the helpful suggestions obtained from various University and Government publications, and to friends who have generously offered recipes, and thus aided in making this book a reality.

A. D.

June, 1918.