



Everyday Foods in War Time

Mary Swartz Rose

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“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 uncertain whether the substituted foods will preserve one's health and strength makes adjustment doubly difficult. It is hoped that the brief chapters which follow will make it easier to “save wheat, meat, sugars and fats” and to make out an acceptable bill of fare without excessive cost.

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ON BEING ECONOMICAL AND PATRIOTIC AT THE SAME TIME

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From reader reviews:

Lyla Jackson:

The feeling that you get from Everyday Foods in War Time may be the more deep you rooting the information that hide into the words the more you get thinking about reading it. It doesn't mean that this book is hard to understand but Everyday Foods in War Time giving you joy feeling of reading. The writer conveys their point in certain way that can be understood by anyone who read the item because the author of this book is well-known enough. This particular book also makes your personal vocabulary increase well. So it is easy to understand then can go along, both in printed or e-book style are available. We recommend you for having this Everyday Foods in War Time instantly.

Jesus Jones:

Spent a free time for you to be fun activity to try and do! A lot of people spent their leisure time with their family, or all their friends. Usually they doing activity like watching television, likely to beach, or picnic from the park. They actually doing ditto every week. Do you feel it? Do you want to something different to fill your free time/ holiday? Could be reading a book could be option to fill your cost-free time/ holiday. The first thing that you will ask may be what kinds of reserve that you should read. If you want to attempt look for book, may be the book untitled Everyday Foods in War Time can be good book to read. May be it may be best activity to you.

Damian Woodward:

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Alva Stephenson:

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