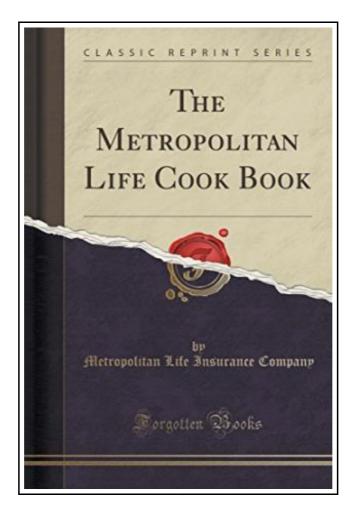
# The Metropolitan Life Cook Book (Classic Reprint) (Paperback)



Filesize: 3.95 MB

### **Reviews**

If you need to adding benefit, a must buy book. Better then never, though i am quite late in start reading this one. I am effortlessly could possibly get a satisfaction of reading a created pdf. (Trever Von)

## THE METROPOLITAN LIFE COOK BOOK (CLASSIC REPRINT) (PAPERBACK)



Forgotten Books, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\*\* Print on Demand \*\*\*\*\*\*. Excerpt from The Metropolitan Life Cook Book We all know that to live we must have food, but we do not all realize that we must eat the right kinds of food to be at our best and to work efficiently. It is true that a great many families are not well nourished, not because they do not spend enough money for food, but because they do not get enough food value for the money spent. The average housewife of to-day finds that it takes a great deal of thought and care to make wise choice of food that will best suit the needs of her family and yet keep within the amount of money that she can afford to spend. Many housewives have increased the cost of their food supply through lack of thought in buying. The cost of food is no measure of its food value. A high-priced article may have little food value, while a low-priced article may have high food value. In buying food, to insure that the different kinds of food are provided so that the family may be well fed at the lowest cost, one-fourth to one-third of the money should be spent for bread or cereal foods. A pint of milk should be allowed for each member of the family, and the same amount that is spent for milk should be spent for meat, fish or meat substitutes, and as much again should be spent for fruit and vegetables. A man of average size, who is moderately active, is likely to be well fed on a diet which includes the following: One pound or a little less of bread or...



Read The Metropolitan Life Cook Book (Classic Reprint) (Paperback) Online Download PDF The Metropolitan Life Cook Book (Classic Reprint) (Paperback)

### **Relevant Books**



### Talking Digital: A Parent's Guide for Teaching Kids to Share Smart and Stay Safe Online (Paperback)

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. It is time for the digital talk. Today, kids are growing up in a wired world. Their...

Save eBook »



#### No Friends?: How to Make Friends Fast and Keep Them (Paperback)

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Do You Have NO Friends? Are you tired of not having any...

Save eBook »



### History of the Town of Sutton Massachusetts from 1704 to 1876 (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. annotated edition. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. This version of the History of the Town of Sutton Massachusetts...

Save eBook »



#### To Thine Own Self (Paperback)

Dog Ear Publishing, United States, 2011. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Carefree and self assured Carolyn loves her life. Her uncle runs...

Save eBook »



### Learn em Good: Improve Your Child s Math Skills: Simple and Effective Ways to Become Your Child s Free Tutor Without Opening a Textbook (Paperback)

Createspace, United States, 2010. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. From a certified teacher and founder of an online tutoring website-a simple and...

Save eBook »