



Five Cent Meals (Classic Reprint) (Paperback)

By American School of Home Economics

Forgotten Books, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Excerpt from Five Cent Meals The book and bulletin give instructions for providing wholesome and palatable meals at the least possible expense, with simple equipment and reasonable expenditure of time. Recipes give quantities suitable for serving families of six with two adults, or seven with one adult. With careful buying and with little or no waste the meals given can be provided for fifteen cents per day per person - hence the title of the bulletin, five-cent Meals. By buying in wholesale quantities the cost might be made less, but retail city prices at the cheapest stores, under ordinary conditions are intended. In such a dietary no butter, high-priced meats or fruits or vegetables, and few kinds of canned goods can be included; few eggs at high prices can be used, though desirable for the children. A fair quantity of milk is included because it is necessary for the health of young children. Reliance must be placed chiefly on the hours and meals, sugar, meat and cheese at low prices, dried beans and peas, winter vegetables, dried fruits, oleomargarine in place...

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