



## Manual of Wheatless Recipes: Issued by the Food Board of the Women s Committee of the Dane County Council of Defense (Classic Reprint) (Paperback)

By Dane County

Forgotten Books, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Excerpt from Manual of Wheatless Recipes: Issued by the Food Board of the Women s Committee of the Dane County Council of Defense The keynote of this little pamphlet of war-time recipes is substitution. By actual experiment during a number of months, we have found it entirely possible to live well on one-half the quantity of meat, wheat and sugar we are normally accustomed to. This is made possible by using substitutes and eliminating waste. By substituting other flours for wheat, giving a liberal allowance of eggs, fish, nuts and vegetables in place of meat, and supplanting the rich made desserts with salads, fruits, raisins, figs, etc., it is not a difficult task. The plea is at once raised that many of these substitutes are more costly than the things we are trying to replace. This is true. At the same time, we are facing a world crisis; thousands of people are starving; our own army in France may very well suffer for lack of bread when in a single week 7,000,000 pounds of food are sunk...



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