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ECONOMY IN WAR TIME

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BY THE SAME
AUTHOR

- “The Ideal Home.”
- “Life’s Orchestra.”
- “Life’s Colours.”
- “The Pilgrimage of the
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BY EUSTACE MILES, M.A.

- “Prevention and Cure.”
- “Life After Life.”
- “The Power of Concentration.”
- “Quick and Easy Recipes for Health-
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ECONOMY IN WAR TIME

OR

HEALTH WITHOUT MEAT

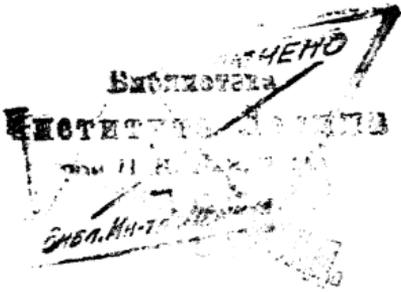
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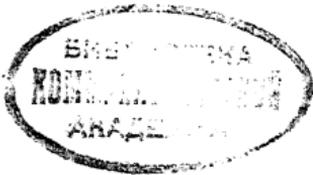
HALLIE EUSTACE MILES

WITH 160 RECIPES

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INTRODUCTION

BEFORE my marriage I had not studied diet much, except the usual family catering and cooking of the ordinary kind. I had to study economy most of all, and dainty cooking for invalids. I also had to study cooking for the poor in my father's parish. I used to enjoy going to their cottages when there was illness, or when the mother was laid up, and cooking nice little dishes for the invalid, or for the family who were bereft of the services of the member of the family who usually "did the cooking." But I was ignorant of Meatless Cookery to a great extent, and I could only make guesses at what could take the place of meat when there was no meat.

At such a grave time as the present, economy in all its aspects will have to be studied, especially economy in food. Very many people will have to learn what to eat instead of meat. Only I hope that, just because people have to leave off all flesh-foods on account of the prohibitive prices of meat, fish, etc., they will not be labelled "vegetarian!"

Those who have to give up flesh-foods because of the high price of meat, etc., cannot be called "vegetarian"—they are just would-be meat-eaters, who cannot afford to eat meat.

It will be seen that the recipes in this book are not for only "vegetables," except for the pulses; and very little of the pulses is sufficient for most people, particularly in the hot weather, and if their life is sedentary.

Nor will the staples be fruits, except for nuts. Vegetables and salads and fruits are poor in the proteid (or body-building and tissue-repairing) elements in which meat is rich.