



## Practical Sanitary and Economic Cooking: Adapted to Persons of Moderate and Small Means (Classic Reprint)

By Mrs. Mary Hinman Abel

Forgotten Books. Paperback. Condition: New. This item is printed on demand. 220 pages. Dimensions: 9.0in. x 6.0in. x 0.5in. Excerpt from Practical Sanitary and Economic Cooking: Adapted to Persons of Moderate and Small Means The ration issued to the U. S. army is more abundant, more varied and of better quality than that issued to the army of any other nation. It should therefore keep the men in health and strength, and if it fails to do so and to be palatable to the healthy appetite, the fault is in its preparation. A few suggestions as to the cooking of the soldiers ration are here offered. The garrison ration is so abundant that it cannot be wholly consumed and according to the liberal system of exchange of food the surplus can be exchanged in such a way as to give still greater variety. In an organized camp this allows of excellent and varied cookery. But, the ration when on the march is much less varied and contains little or no fresh meat or soft bread. It requires therefore more skill on the part of the cook to render it palatable and nutritious. When the ration consists of salt pork and hard tack...



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