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Food and Home Cookery; A Course of Instruction in Practical Cookery and Cleaning, for Children in Elementary Schools, as Followed in the Schools of the Leeds School Board

By Catherine M Buckton

Rarebooksclub.com, United States, 2013. Paperback. Book Condition: New. 246 x 189 mm.

Language: English . Brand New Book ***** Print on Demand *****.This historic book may have numerous typos and missing text. Purchasers can usually download a free scanned copy of the original book (without typos) from the publisher. Not indexed. Not illustrated. 1879 edition. Excerpt: .Just before putting the pudding into the oven, add the egg well beaten, pepper and salt to taste. Put an ounce of dripping into the pudding tin, make it hot before you pour the pudding in, bake, three-quarters of an hour. MINERAL FOODS. 51 TENTH LESSON. CO OKING--continued. DINNER TO-DAY: --MEAT AND POTATO PIB--COKNISH PASTIES--SCATTERED BICE. I Have often told you that we must eat every day foods called body-warmers and flesh-formers that will make the fat and flesh which cover our bones. Animal foods and vegetable foods contain the same things, but certain things are found in much greater quantities in one than in the other; for instance, all animal foods have water and some minerals, but green vegetables, such as potatoes, cabbages, Ac. have a great deal more water and minerals. These bottles contain the quantity of water, minerals, and other substances...



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