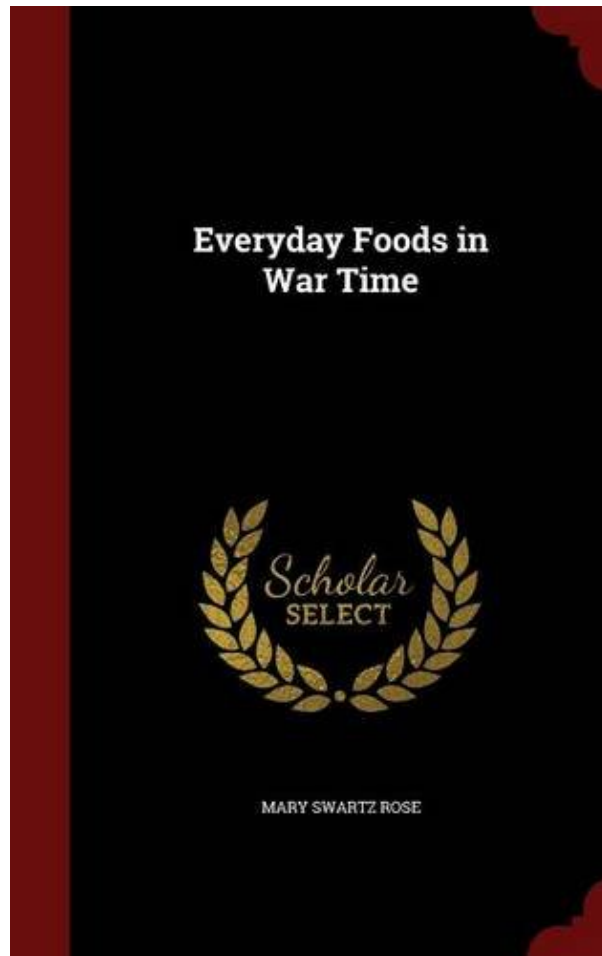


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Everyday Foods in War Time



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About the Author

Mary Swartz Rose (October 31, 1874 – February 1, 1941) was an influential American laboratory scientist and educator in the fields of nutrition and dietetics. A prominent American nutritionist during the first half of the 20th century at Columbia University Teachers College in New York City, Rose authored several influential textbooks, the *Laboratory Handbook for Dietetics*, first published in 1912, and three editions of *The Foundations of Nutrition*, as well as books for the general public, such as *Feeding the Family* in 1916. Rose co-founded the American Institute of Nutrition and served as its fifth president in 1937-1938.

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Fascinating

By The Invisible Pam

"The world needs milk today as badly as wheat. All that we can possibly spare is needed in Europe for starving little ones. In any shortage slogan must be "children first." (loc 80-83)

"Everyday Foods in War Time" is an interesting little tract written for World War I moms.

I found it particularly interesting not only because it tells us about what the then-current thinking was on scientific nutrition and 'vitamines', but also because of what it shows us about home life at that time: what the average family was likely to have for their meals.

The author is, for example, a huge fan of milk, which she advises everyone partake in. Milk being the 'perfect food'. But in lieu of milk being needed by the starving babies of Europe, she suggests vegetables and grains, even bananas.

Those of us who enjoy looking into the past will enjoy this book. There is a great deal of information of all sorts, as well as terms that are spelled differently, and which have different meanings. [The author uses "Spring Fever" for example to mean a sort of illness, and not as we currently do, to imply that someone feels the urge to kick up their heels.]

Excellent edition. I saw no formatting problems.

Pam T~
mom/blogger

41 of 43 people found the following review helpful.

Or anytime

By Deb

The author gives advice on how to feed your family well while dealing with rationing and war-time shortages. I am not a nutritionist so I don't know how well her advice holds up to scientific scrutiny but I will say she offers good advice on grains and reducing our dependence upon wheat as well as other advice on milk, meats, etc.

I enjoyed it!

13 of 13 people found the following review helpful.

Worth every cent I paid and then some!

By Bay Bridge Sue

Another great insight into the WW1 food mentality and how to stretch foods to keep the boys over there fed while keeping energy and stamina up here. While some scientific nutritionists may scoff at this book, it was written to keep people alive and active and working during a time of shortages... and remember, it's recipies like these that people lived on. So before someone says "Oh, that would never work"... it DID work.

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