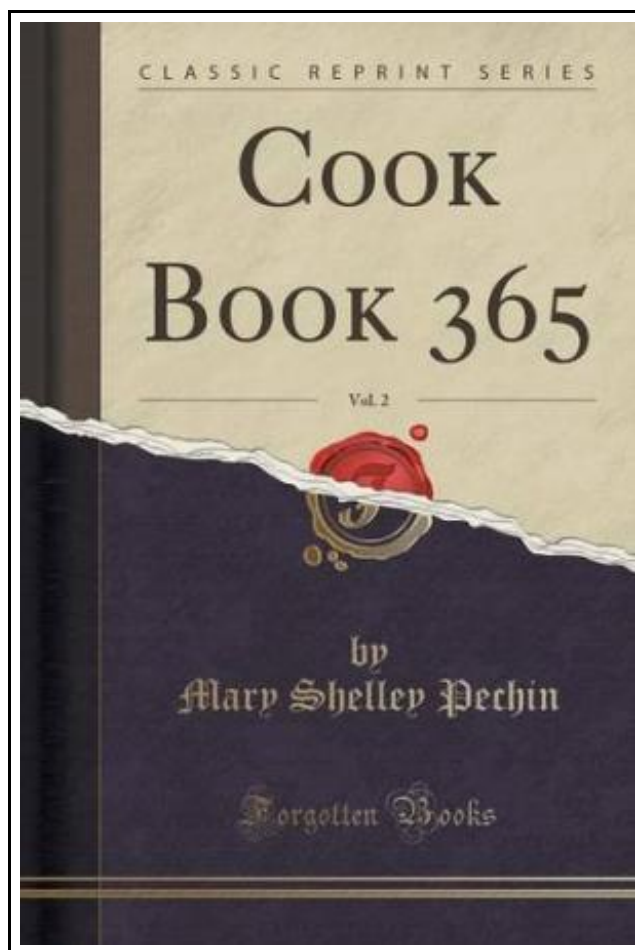


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Forgotten Books, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Excerpt from Cook Book 365, Vol. 2 The following discussion of food values is largely the work of Mrs. Ellen H. Richards, the most distinguished teacher of Domestic Science, whose work has done much to rouse interest in this important question, which is now engaging the attention of the general public. Food supplies the wants of the body in several ways: It either - First. Is used to form the tissues and fluids of the body; Second. Is used to repair the wastes of tissue; Third. Is stored in the body for future consumption; Fourth. Is consumed as fuel, its potential energy being transformed into heat or muscular energy or other forms of energy required by the body; or Fifth. Is being consumed to protect tissue or other food from consumption. We may regard food as the element of life upon which the power of man to sustain himself wholly depends. The food of men must be suitable to the kind of work and to the intensity of the work - so that it may be assimilated. Each human being must have the true proportion of Proteid, of Fat and of Starch, with lesser proportion of the mineral salts; else, even with an abundance, he may not be well nourished. As a rule the food of men and women is served without the slightest attention to proportions or to waste, following only under the pressure of necessity, a sort of blind instinct. The cook s art can make savory the valuable food materials, but it can not make one pound of potato worth as much for nutrition as one pound of rice, or can it make one...



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