

Meals without meat : (meatless fare cookery), 1/- net / The Food & Cookery Publishing Co.

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Gray, Janet.
Food & Cookery Publishing Co.

Publication/Creation

London : Food & Cookery Publishing Co., 1916.

Persistent URL

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*"Lucullus, whom frugality could charm,
Ate wasted turnips at the Sabine Farm."*

Meals without Meat

(Meatless Fare Cookery), 1/- net.

OWING to the enormously increased cost of meat the demand for meatless dishes no longer becomes the fashion but a necessity. ¶ There is no doubt that the average Englishman eats too much meat, which has become a very costly article of food, and many people nowadays eat meat but once a day. ¶ There is little doubt that for the sake of health it would be a good policy to omit it at times from the daily bill of fare, for thereby two objects are gained—improvement of health and a saving of money. ¶ The book, "Meals without Meat," just published by C. Herman Senn, contains a collection of valuable recipes for hundreds of dishes made from Vegetables and Farinaceous products, Nuts, Eggs, and Cheese. ¶ This book gives full directions how to get most of these, producing attractive and nourishing dishes in place of meat.

Bound in cloth, 142 pages. Price 1/- net: by post. 1/2.

Meatless Fare & Lenten Cookery

(including Fish and Sweets.)

Price 1/6, by Post 1/9.

THE FOOD & COOKERY PUBLISHING Co.,
329, Vauxhall Bridge Road, London, S.W.

Meals without Meat.

War-time Cookery for the Home.

The high price of meat, added to the frequent urging of the Government that we must economise in this important article of food, is making many difficulties for the housekeeper, and the problem of reducing the quantity ordered for home consumption, without having a very deteriorating effect on the menu, is one which requires careful thought before it can be solved successfully.

It is, unfortunately, true that Englishwomen, speaking generally, are not so skilful at catering as their foreign sisters, and there is a liability to waste and extravagance in many households that is chiefly the outcome of ignorance regarding food values. A most useful book of recipes, entitled "Meals Without Meat," has recently been compiled by Mr. Herman Senn, the cookery expert, and the suggestions he gives should prove invaluable to the housekeeper who wishes to economise and yet keep the fare at a high standard.

How few people realise that there are numbers of vegetables and cereals that yield quite as much or even more nourishment than meat, while eggs, milk, cheese, etc., which contain all the elements necessary to sustain life, need not be served up in messy and unpalatable dishes, but can be as appetising and quite as satisfying as any meal in which meat is largely used.

In this little book recipes are given for numbers of soups, entrées, curries, etc., that will quickly dispel the idea, held by some, that anything served on purely "vegetarian" lines must be unpalatable, and that a curtailed supply of meat is little short of a domestic tragedy.

It is hoped that women will really endeavour to decrease the consumption of meat, which is a matter of great national importance, and, as Mr. Senn's book proves, this can very easily be accomplished without any disastrous effects on the menu.

JANET GRAY.

Daily Express, February 16th, 1916.

"Meals Without Meat." By C. Herman Senn. The Food and Cookery Publishing Co., Westminster, S.W. Price 1s. net.