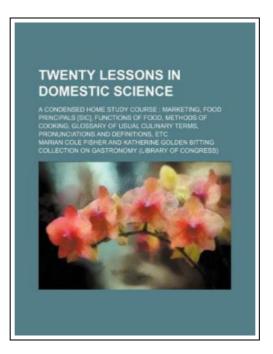
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Rarebooksclub.com, United States, 2012. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand ***** This historic book may have numerous typos and missing text. Purchasers can download a free scanned copy of the original book (without typos) from the publisher. Not indexed. Not illustrated. 1916 Excerpt: .warm add the bread crumbs and seasoning. When all combined and heated through, serve on slices of bread which have been toasted on one side. Bunny 2 eggs 2/3 cup tomatoes 1/3 cup milk 1 cup chopped cheese 1 tablespoon butter 2 tablespoons flour teaspoon mustard teaspoon salt Preparation: Beat the eggs and add to the milk. Heat the butter and blend with flour. Add the milk. When cooked creamy add the tomatoes. Then add the cheese with seasonings. Serve as soon as cheese is melted, on bread toasted on one side. Toasted Cheese Take a shallow stone pie plate or an old ironstone china plate. Spread over the plate thin slices of cream cheese. Sprinkle with salt and paprika, if desired. Place under broiler fire and allow to toast without turning. Serve hot on toasted bread. The cheese prepared this way makes a delicious and hearty sandwich. Proteins Fish Fish belongs to the group of foods rich in protein or nitrogeneous matter. The muscle building matter in fish, such as white fish, cod, haddock and halibut, is about the same as in beef or mutton. Phosphates are more abundant in fish than in meats; there is also much more waste and the edible portion contains more water. Dark fleshed fish, as salmon, catfish, sturgeon and tuna, have the fat distributed through the body, and while more difficult of digestion, furnish more food value than the white fleshed fish--cod, haddock, etc. HOW TO SELECT FISH: Fish...

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