

WOMEN'S HOME COOKBOOK

Women's Home Cookbook

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Foreword:

Your kitchen is one of the most important battle stations in the fight against inflation. The high cost of living has forced you to stretch your budget to cover the most essential needs, of which food costs are among the most important.

Women's Home Cookbook is designed to help you combat inflation by trimming the cost of food in your own household budget. You personally deserve this help, but there is also a larger consideration: Every housewife who adapts her use of food by shifting from scarce items to those in better supply contributes to the broad national attack on inflation.

Menus which feature less costly cuts of meat and economical foods in plentiful supply will extend the purchasing power of the peso and at the same time, assure well-balanced nutritious diets. This book suggests assortment main dishes that nourish and satisfy, and enable homemakers to save money.

In following these suggestions, you may be sure that you will be helping yourself, helping your neighbors, and helping your country. We assure you that, at the same time, the Department of Agriculture is attacking inflation by striving to increase the production of meat, milk, and other items in short supply. Our every effort is to get the agriculture economy back on a peacetime balance as rapidly as conditions allow. Let our women do their part.

