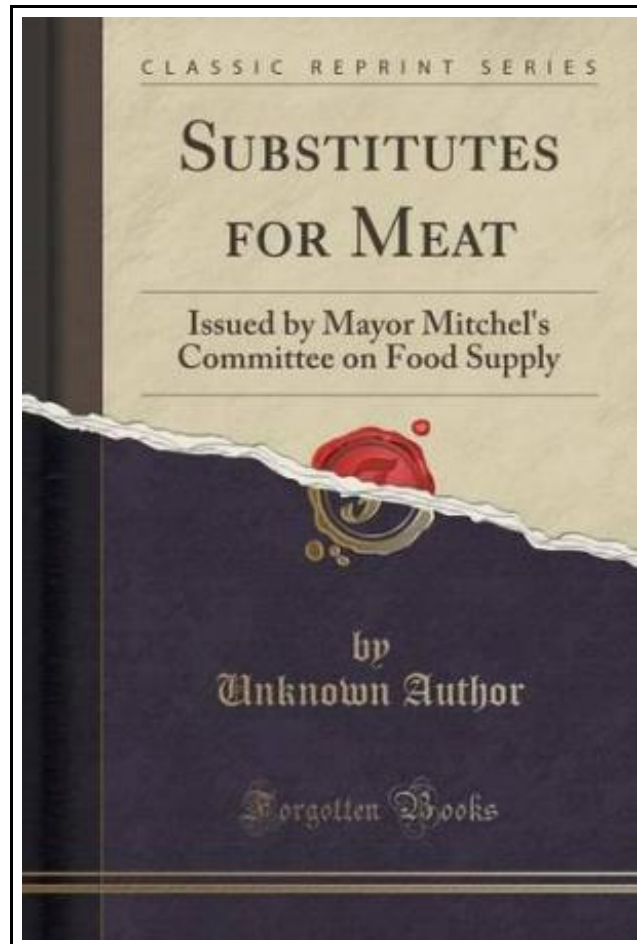


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***(Hudson Christiansen)***

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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 *Substitutes for Meat: Issued by Mayor Mitchel s Committee on Food Supply To the Purchasing Public: You Eat In Order To Keep Yourself Alive* The work you do, the exercise you take, the thoughts you think, each breath you - draw all these use up a certain proportion of your body each day. If you want to live and keep well, this used-up portion must be replaced, and this is done through the food you eat. Part of your food furnishes you with new blood; part of it goes to make bone; part of it builds up new tissue or flesh, etc. Meat has always been considered the best tissue or flesh building food, and for this reason people have always eaten it a great deal. Most of our meat has come from the Western states, but the tremendously large ranches of twenty years ago are gradually being cut up into small farms, and cattle are not being raised in such large numbers any more. This is one reason why meat costs so much. Another reason is the great demand there is for it on the part of our people, who do not know that there are other foods that will supply the needs of the body in just the same way that meat does, and which do not cost as much as meat. For instance, we can use fish in place of meat much more than we do. Other foods that can take the place of meat are eggs, milk, creamed soups, macaroni, cheese, cereals, nuts, bananas, peas, beans and lentils. Eggs contain all the elements, in the right proportion, necessary for the support...

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