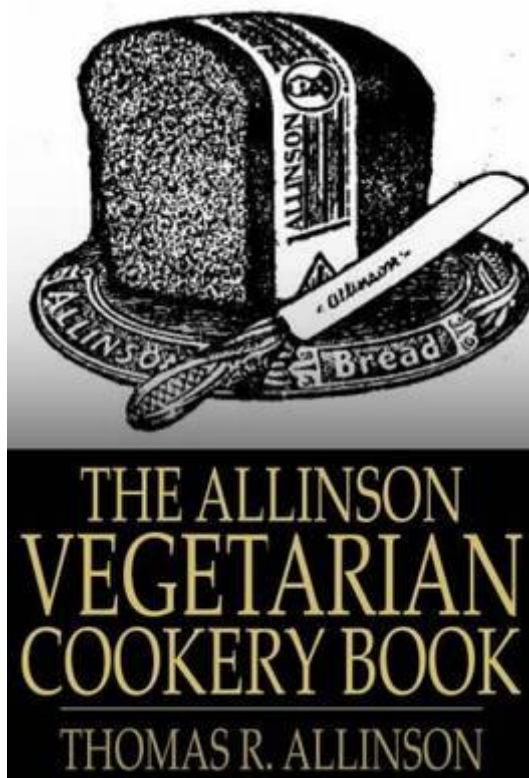


The Allinson Vegetarian Cookery Book - Thomas R. Allinson



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This book is written with the object of laying before the public a cookery book which will be useful not only to vegetarians, but also to flesh eaters, who are often at a loss for recipes for non-flesh dishes. Nowadays most people admit that "too much meat is eaten"; but when the housewife tries to put before her family or friends a meal in which meat is to be conspicuous by its absence, she is often at a loss how to set about it. Vegetarians also frequently stay with non-vegetarian friends, or lodge with others who do not understand how to provide for them. For such this book will especially prove useful, for in it will be found a set of thirty menus, one for each day in a month, giving suitable recipes with quantities for one person only. Throughout this book it will be found that the use of wholemeal has been introduced in the place of white flour. Those persons who do not care to follow the hygienic principle in its entirety can easily substitute white flour if preferred. The recipes have been written bearing in mind the necessity for a wholesome diet; and they will be found to be less rich than those in most of the cookery books published. Should any one wish to make the dishes richer, it can easily be done by an addition of butter, eggs, or

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