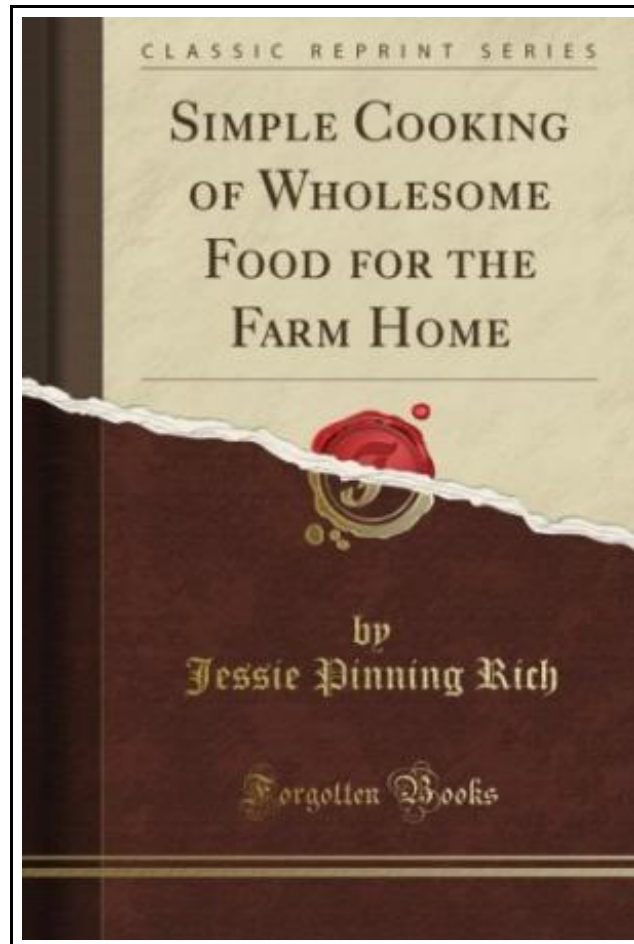


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Forgotten Books, United States, 2015. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.Excerpt from Simple Cooking of Wholesome Food for the Farm Home No subject on the farm at the present time is receiving so much attention as the proper feeding of the farm animals. The cows are given a measured amount of meal, and succulent material, and the pigs a carefully estimated ration intended to develop a pig best suited to its intended use. How is it with the boys and girls on the farm? Is their food as carefully studied and administered as that of the farm animal? Is it prepared in a way to give the greatest amount of nourishment for the least expenditure of bodily energy? No farm asset is as valuable as its boys and girls, and yet they are more neglected, when it comes to the question of proper food and cooking, than the less important asset - the stock. Uses of Foods in the Body. A human being without a well built body of bony structure and firm muscle is limited in its usefulness. A person unable to move or work is equally limited. Without food, or properly balanced food, a good skeleton or firm muscles and strength to move and work is impossible. Food is expressly taken into the body to make for usefulness and efficiency. It is to build up or repair tissues and to furnish energy either as heat or power to do muscular work. Food Materials and their specific uses. The food materials are of great variety, but an analysis of these materials shows that all are but varying combinations of a few simple food substances, just as all of our various English words are made of twenty-six...



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