



Mrs. Welch's Cook Book (Classic Reprint) (Paperback)

By Mary Welch

Forgotten Books, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Excerpt from Mrs. Welch's Cook Book A genuine civilization and good cooking are more closely related than is usually appreciated. Savages live on food either wholly or partially raw and have not the faintest conception of the routine of meals, variety of diet, and combination of flavors that are to us absolute necessities. They gorge themselves when food is plentiful, and starve when it is scarce. They eat the coarsest and grossest substances without subjecting them to the refining effects of fire, or the transforming influence of condiments, herbs, or extracts. They know nothing of the subtle combinations by which the palate may be tickled and the digestive powers stimulated to easy and effective work. To their habits of eating may be ascribed, in great measure, their imperfect physical development, their mental dullness, and their moral obtuseness. Improve their diet and you have taken the first step towards a better life. Philanthropists and missionaries of all kinds are beginning to understand that no appeal can be effectually made to the higher nature until the stomach has...

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