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**W**ITH our desire to conform to suggestions of food administrators and in the hope that we can reduce the cost of living, all of us are paying more attention to the food that we eat. With this thought in mind, and with the hope that we might be of assistance to policy-holders, we have issued this book. We hope that you will find it useful and helpful.

METROPOLITAN LIFE INSURANCE COMPANY.

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## CONTENTS

	PAGE
Our Daily Meals .....	3
Measurements .....	5
Breakfast Dishes .....	7
Toast .....	9
Cereal Flour and Meal Mixtures .....	10
General Directions for Making Muffins .....	12
Bread and Bread Making .....	19
Beverages .....	24
Soups .....	25
Fish .....	28
Meat .....	31
Poultry .....	35
Fat .....	38
Meat Substitutes .....	39
Vegetables .....	43
Salads .....	46
Desserts .....	50
Frozen Mixtures .....	54
Cakes .....	56
Cookies .....	60
Pastry .....	61