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## The New England Economical Housekeeper, and Family Receipt Book (Hardback)

By Esther Howland

Andrews McMeel Publishing, United States, 2013. Hardback. Book Condition: New. 216 x 144 mm. Language: English . Brand New Book. This volume in the American Antiquarian Cookbook Collection was published in Boston in 1844, and it is a classic example of early American regional cooking, with a traditional Yankee emphasis on thrift in the home. Mrs. Howland's New England Economical Housekeeper, and Family Receipt Book is a regional cookbook with strong emphasis on thrift and self-reliance in the home, common themes in early American cookbooks that also reflected her New England heritage. Over 220 classic New England recipes, simple and well written compared with many contemporary cookbooks, are included. It's interesting to note that fifty of the recipes are for puddings. The Medicinal Department section offers cures and common remedies for ailments from cancer and consumption to corns and chapped hands, and Miscellaneous Receipts discusses household tips (how to make soap, prevent the gate from creaking, keep red ants from the cupboard) and morality (Two rules of Jefferson are very applicable to the times Never spend your money before you get it; and Never buy what you do not want because it is cheap.) The book...



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