



## The American Frugal Housewife

By Mrs Child

Read Books, United Kingdom, 2006. Paperback. Book Condition: New. 211 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This vintage book contains Lydia Maria Child s 1838 frugal living handbook; The American Frugal Housewife . This classic handbook contains simple and useful instructions for saving money, including hints on cooking, instructions for making one s own household necessities, advice on enduring poverty, general maxims for good health, and much more. This volume will appeal to anyone with an interest in cutting their carbon footprint and generally saving money - and it would make for a useful addition to any bookshelf. Contents include: Odd Scraps for the Economical, Soap, Simple Remedies, Gruel, Egg Gruel, Arrow-Root Jelly, Calf s Foot Jelly, Tapioca Jelly, Sago Jelly, Beef Tea, Wine Whey, Apple Water, Vegetables, Herbs, Cheap Dye-Things, Meat Corned, or Salted, Hams, Choice of Meat, etcetera. Many antiquarian texts such as this, are increasingly hard to come by and expensive, and it is with this in mind that we are republishing this book now in an affordable, modern, high quality edition. It comes complete with a specially commissioned new biography of the author.



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