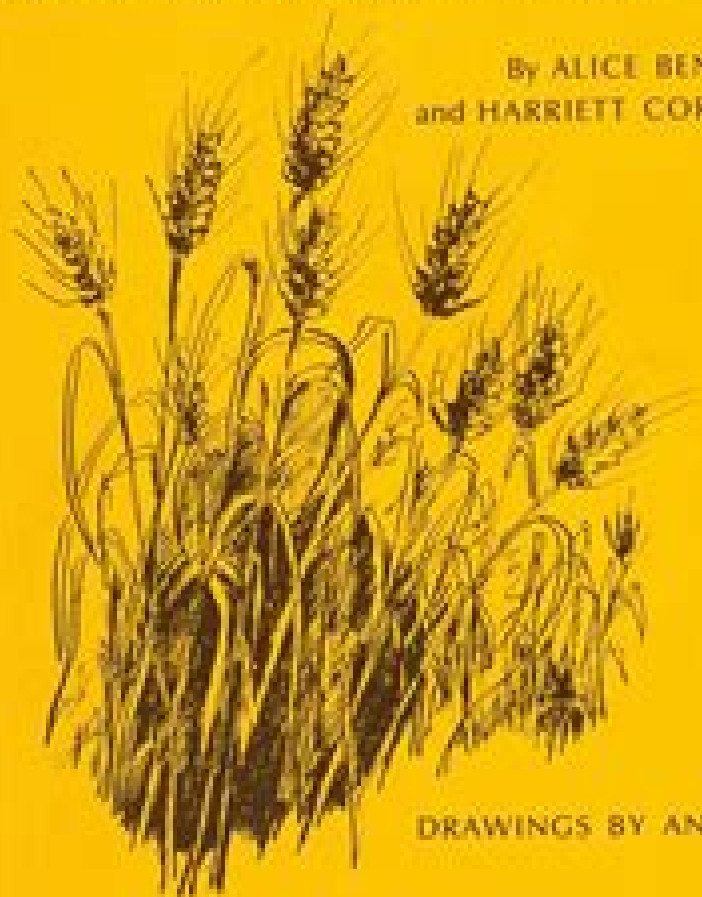


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COOKING with CONSCIENCE

A book for people concerned about world hunger

By ALICE BENJAMIN
and HARRIETT CORRIGAN



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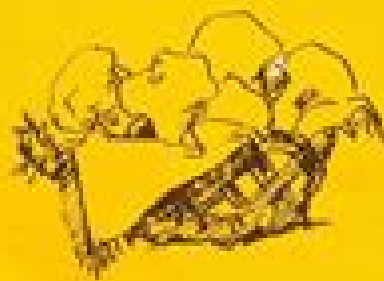
Churches & civic groups concerned about world hunger are advocating several days a week of "fasting" or meatless meals. But people responding to this plea are not necessarily health food advocates, may not keep organic gardens or frequent health food stores. *Cooking With Conscience* meets this challenge. It calls for only five ingredients not readily available in a supermarket. And tells where to buy those five. And it presents recipes for dishes that taste as much as possible the way Americans expect food to taste.

COOKING WITH CONSCIENCE is nutritionally sound

It takes advantage of new vegetable protein research. Yet it's a book born in a kitchen, not a laboratory—impatientious, adventurous, homey, not grim.

COOKING WITH CONSCIENCE is a serious book. It is also a delight

As the authors state: *Cooking With Conscience* was written for a serious purpose, but we saw no reason to be grim about it. Cooking is a creative adventure & eating is a blessing. We enjoyed ourselves putting this book together and we wish you enjoyment in using it.



A VINEYARD BOOK

The Seabury Press
New York

ISBN 0-1634-0902-1

Cooking With Conscience

LP Steffe



Cooking With Conscience:

The book delves into Cooking With Conscience. Cooking With Conscience is a crucial topic that needs to be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Cooking With Conscience, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:

- Chapter 1: Introduction to Cooking With Conscience
- Chapter 2: Essential Elements of Cooking With Conscience
- Chapter 3: Cooking With Conscience in Everyday Life
- Chapter 4: Cooking With Conscience in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, this book will provide an overview of Cooking With Conscience. The first chapter will explore what Cooking With Conscience is, why Cooking With Conscience is vital, and how to effectively learn about Cooking With Conscience.

3. In chapter 2, the author will delve into the foundational concepts of Cooking With Conscience. This chapter will elucidate the essential principles that must be understood to grasp Cooking With Conscience in its entirety.

4. In chapter 3, this book will examine the practical applications of Cooking With Conscience in daily life. This chapter will showcase real-world examples of how Cooking With Conscience can be effectively utilized in everyday scenarios.

5. In chapter 4, the author will scrutinize the relevance of Cooking With Conscience in specific contexts. The fourth chapter will explore how Cooking With Conscience is applied in specialized fields, such as education, business, and technology.

6. In chapter 5, the author will draw a conclusion about Cooking With Conscience. This chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Cooking With Conscience.

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