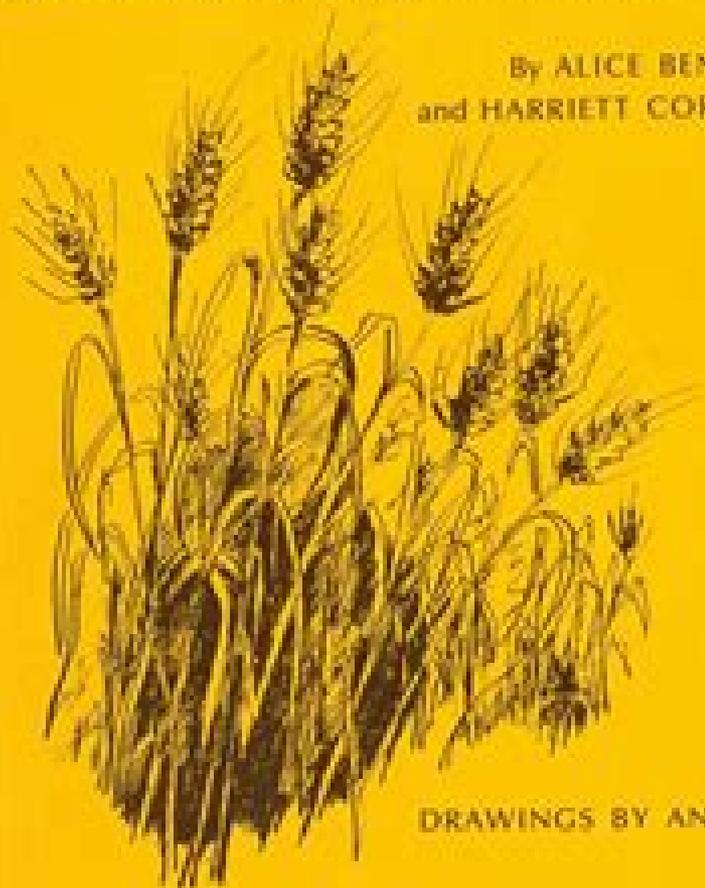


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# COOKING with CONSCIENCE

A book for people concerned about world hunger

By ALICE BENJAMIN  
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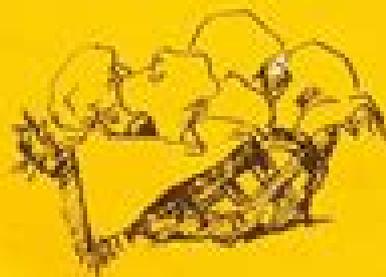
Churches & civic groups concerned about world hunger are advocating several days a week of "fasting" or meatless meals. But people responding to this plea are not necessarily health food advocates, may not keep organic gardens or frequent health food stores. *Cooking With Conscience* meets this challenge. 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.

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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.



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# Cooking With Conscience

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