



# Italian Cookbook - 1919 Reprint: The Art Of Eating Well

*Maria Gentile*

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## **Italian Cookbook - 1919 Reprint: The Art Of Eating Well** Maria Gentile

Authentic Reprint of the "Italian Cookbook" originally published in 1919. One of the beneficial results of the Great War has been the teaching of thrift to the American housewife. For patriotic reasons and for reasons of economy, more attention has been bestowed upon the preparing and cooking of food that is to be at once palatable, nourishing and economical. In the Italian cuisine we find in the highest degree these three qualities. That it is palatable, all those who have partaken of food in an Italian trattoria or at the home of an Italian family can testify, that it is healthy the splendid manhood and womanhood of Italy is a proof more than sufficient. And who could deny, knowing the thriftiness of the Italian race, that it is economical?

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