



# The American Frugal Housewife: By Lydia Maria Francis Child - Illustrated

*Lydia Maria Francis Child*

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## **About The American Frugal Housewife by Lydia Maria Francis Child**

Along with simply written recipes for roasting a pig and preparing corned beef, hasty pudding, carrot pie, buffalo tongue, and scores of other dishes, this fascinating book, with its lively and direct style, also offered 19th-century readers suggestions for treating chilblains and dysentery, cleaning white kid gloves, educating one's daughters, and much more. Published in 1829 in Boston, The Frugal Housewife was written by one of the foremost female writers and social reformers of her time, Lydia Maria Child. The charming collection of recipes and tips for homemakers of the early 19th century emphasized frugality in the kitchen and self-reliance in the household—making this work wildly popular in its day. It had over 35 printings, and much of the content is relevant in modern times. Frugal Housewife was the first American cookbook to replace Amelia Simmons's American Cookery, still in use since publication in 1796, and it was also the first to emphasize the themes of thrift and economy in the kitchen. Considered a “must-read” for every new bride in

the 19th century, *The Frugal Housewife* offered simple recipes such as Apple Pie, Corned Beef, Gingerbread, Indian Cakes, and Pie Crust, but also included advice on parenting, cleaning, and medical problems, plus numerous practical, Yankee-straightforward tips for saving money. Not just a collection for antiquarians, *The Frugal Housewife* is a fascinating work by a prolific author that will delight modern-day readers with its quaint but still usable recipes and tips.

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