



A Taste of Memories: Comforting Foods From Our Past

Gloria Hander Lyons

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Memories of special meals prepared by loving family members evoke powerful emotions in all of us. These favorite dishes, known as "comfort food", remind us of times and places in our lives that generate feelings of safety, warmth and joy. Inside are more than 100 tried and true recipes from American cooks, spanning a period from the early 1900s to the 1980s, a bit of food history about each decade, plus family comfort food stories and photos that will warm your heart as well as your tummy. Enjoy this glimpse into the comforting foods from our past and use these hearty recipes to create your own taste of memories for the future. For more FREE recipes visit www.BlueSagePress.com.

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