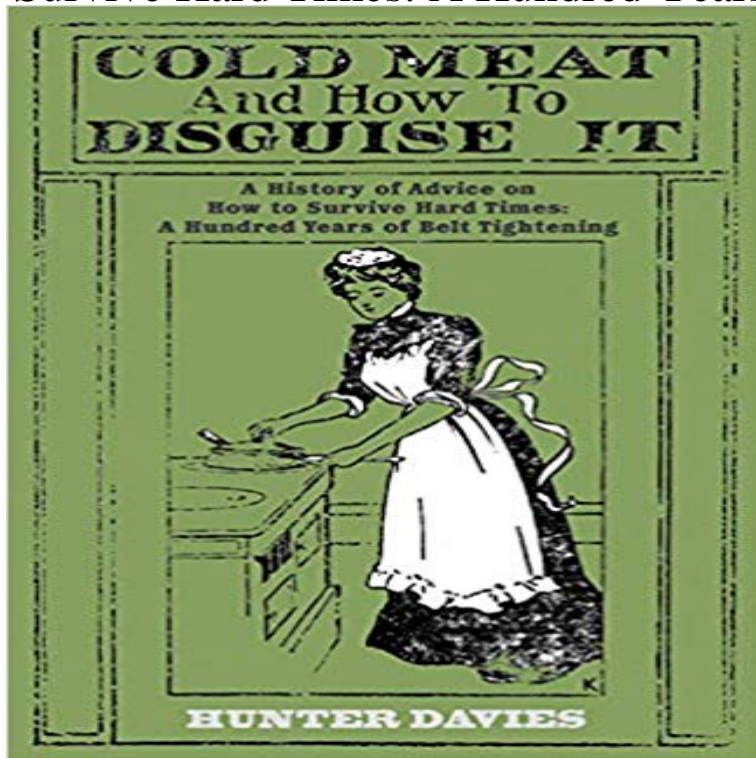


# Cold Meat and How to Disguise It: A History of Advice on How to Survive Hard Times: A Hundred Years of Belt Tightening



Recession, depression, stagflation, deflation no matter what you call it, its not a new thing. Throughout history, economic downturns have forced people to economize, often in what, to modern sensibilities, are mighty peculiar ways. This book looks back at a hundred years of belt-tightening tips from books, magazines, government agencies, and assorted do-gooders. Some of the hints and advice are mystifying, but all are part of social history, and many are as useful today as they were in grannys day.

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