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*Johann M. Schmidbauer  
in Geseßung zugeigunt  
vom Verfasser.*

# Vegetarisches Kochbuch

(mit Gesundheitsregeln)

von

Carlotta Schulz.

Unter Mitwirkung von Dr. med. Siepest (Berlin).

Motto: In es schon von Wert, über Art  
und Beschaffenheit unserer Nahrung  
unterrichtet zu sein, so ist es nicht  
minder wichtig, zu wissen, wie  
wir essen sollen."

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