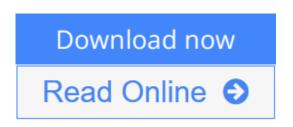


# Effortless Bento: 300 Japanese Box Lunch Recipes

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One of the longest running publishers for women Shufu-no-Tomo has been releasing craft and fashion magazines and mooks since 1915. With its first publication, the semenal magazine, *Shufu-no-Tomo* in March 1917 SnT has set the standard for design for women ages 20 to 35 in Japan for generations. SnT currently publishes around 15 magazines and dozens of books each year making them one of the more recognized sources for crafts, cooking and women's fashion in Japan today.

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