



Steamer.

COOKING IS AN ART, A CRAFT, A SCIENCE, A SERVICE.

It is an *art*, because life makes numberless demands upon the human system which cooking can assist it to meet. The more civilized we become, the more unexpected and severe is the wear and tear of daily existence. The art of cooking lies in providing such a food-supply for the family that, while containing the elements essential to good nutrition, it shall be suited to the