

PREFACE

IN preparing the St. John's Presbyterian Church Cook Book, our aim has been to make it thoroughly practical. This is no haphazard collection of recipes gathered at random from doubtful sources, but we have spared neither time nor labor in giving the choicest bits of the best experience of those who have long travelled the daily round of household duties. We have felt that the compiling of this book has been a task worthy of our best efforts as the mental, moral and physical well-being of our families depends largely not so much on the quantity but the quality of the food set before them. We gratefully acknowledge the kind assistance of those who have in any way aided us in this undertaking, and we offer this book as the result of our united labors, hoping it will prove a valuable guide to any household fortunate enough to procure a copy.

THE COMMITTEE