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INTRODUCTION

Every age has had its cooking problems. Brillat Savarin, the French authority on good eating, declared: "The destiny of nations depends upon the manner in which they feed themselves." Knowledge of how to cook and what to cook is now a recognized science closely related both to happier life and to longer life.

Every housewife has her own puzzling "Whys of Cooking." The use of Crisco for frying, for shortening, and for cake making has helped solve so many of them that we frankly acknowledge that this book is published to give greater publicity to the exceptional qualities of Crisco and to show why successful cooking to-day in hundreds of thousands of homes is linked quite naturally with thoughts of this perfected cooking product.

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