

INTRODUCTORY REMARKS.

COOKERY is an art upon which so much of our daily comfort and health depends, that it is of the highest importance that it be well performed. Every housewife may not be able to procure the finest kinds of food, but every one has it in her power to make the most of that which she does procure.

By a certain degree of skill and attention, very humble fare may be dressed in such a manner that it will almost rival the most expensive dishes, in both savouriness and nutritiousness. A good housewife suffers nothing to be lost or spoiled. Mere scraps which a careless individual would perhaps throw away, are put to a proper use, and, by means of certain auxiliary seasoning, brought to table in a new and attractive guise. Even if little or nothing be absolutely saved by these economical arrangements, the dressing of food in a tasteful manner is a point of some importance. When a dish has a slovenly appearance, is smoked, underdone, or prepared with rancid or unclean seasoning, both the eye and the appetite are offended, which is a serious evil in itself, independently of the injury which may possibly be done to the stomach of the eater. In every respect therefore, it is consistent with good judgment to prepare food for the table in the most tasteful and agreeable