

# Preface

**B**OOKS multiply rapidly. Literature of every kind is scattered broadcast and something is to be had for every taste. New books, new thoughts, and new expressions of old thoughts, are plentiful and one is tempted to ask: Why another volume?

In reply we beg to say that even though the name of the books is legion, there is room for more good ones. Nay, there is an urgent call for books bearing on the important needs of the day, upon subjects that are practical and useful, upon subjects that assist men and women to make the daily cares of home and business lighter and more cheerful. So it is without apology that we send forth this volume, asking that it speed onward its message until all who desire "something new on an old subject," and all who desire "something simple on a new subject," shall have been reached.

What is the object of food? Why do we eat? These queries interest all humanity and have been answered repeatedly by intelligent thinkers. We "eat to live"; we eat because waste is forever going on in the human body and must be replenished. But, are there not many cooks who act upon the supposition that the greater the number of ingredients crowded into any one dish, the more remarkable the achievement and the more creditable the ingenuity displayed? This is plainly an error, for all right-thinking persons must admit that the cook deserving the highest praise is the one who can prepare the most appetizing, and at the same time, the most wholesome and nourishing dishes from the scantiest and plainest material. The man or woman who can do this, has not only the ability to think, and to direct, but carries forward a thrift amounting to an art—the highest art known to domestic science, saying nothing about the aid to happiness and longevity.