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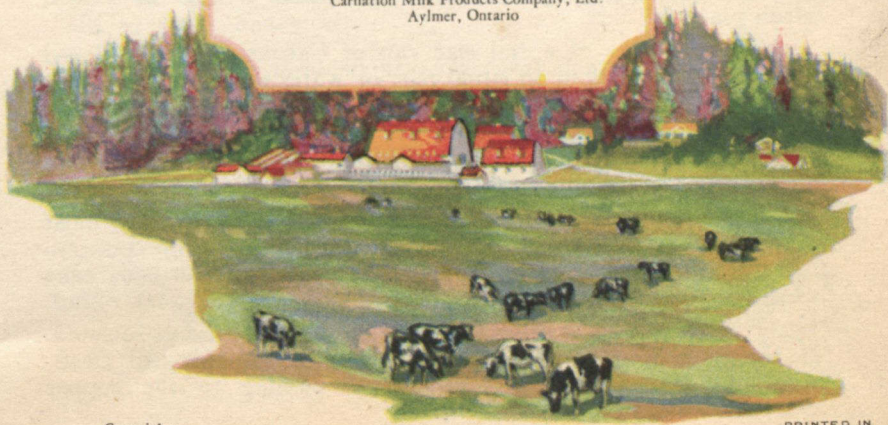


*The turnpike road to people's hearts I find
Lies through their mouths, or I mistake mankind.*
—Dr. Wolcott

This little book is sent to you in the hope that among its recipes you will find many new and tasty dishes. My own favorite recipes are contained herein, one hundred of them, and I can promise that you will find them all thoroughly practical.

Mary Blake

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