

ing, and another to the art of hospitality and the etiquette of entertaining.

Taking into consideration the present large and rapidly increasing number of women who are interested in providing a well-balanced dietary for their families, the chemical composition of the various food products, as given in the bulletin prepared by Professor Atwater for the United States Department of Agriculture, has been presented at the head of the respective chapters. To follow the laboratory standards accurately, as these are given for different classes and ages of individuals, calls for more time and appliances than the average housekeeper has at her command. Indeed, this will not be attempted in daily life, except occasionally, unless by specialists; nor is this in any sense a necessity. But a study of these tables, in connection with the matter in Chapter I., Part I., and in Chapters II. and IV., in Part III., will enable the thoughtful housekeeper, in planning her weekly bills of fare, to secure, *approximately*, the right proportions of the various food principles, or, if she wills to do so, as accurately as in the work of the specialist.

But we believe that a woman's duty does not end in the selection of food containing the proper proportions of the various food principles. What does it avail to select wisely if in cooking we lose the nutritive value originally found in the product, or if, through monotony in manner of preparation, the food fail to be assimilated?

That the careful use of this book may enable the thoughtful mistress or maid to take the most common and inexpensive food products and so prepare them as to bring out and conserve their latent and nutritive qualities of juiciness and flavor, and at the same time render them pleasing to the eye and acceptable to the palate, is the earnest desire of the author.