

"My happiness in this world and welfare in the next depend largely upon my cook; for my future life depends upon my usefulness in this, my value here upon a clear mind, and sound body, my health upon the food I eat; and that food upon the person who selects and prepares it."

—*Ancient Philosopher.*

These recipes have been compiled by Miss B. M. Young, First-Class Diploma, City and Guilds of London Institute, England, now Demonstrator for the Ottawa Gas Company, and used at all the Company's demonstrations.

It is with such a sense of our responsibility that we present the following results of our efforts.

OTTAWA GAS COMPANY.