

PREFACE

"Men may come and men may go,

But good cooking is a permanent necessity.

The people of the earth have been slow to recognize the value of the art, and yet it is closely allied to the well-spring of health—the first requisite of long life, so much to be desired, and, of temperament, which is so large a factor in making or marring of character. In recognition of these facts, the ladies of British Columbia present to the public this volume of selected and tried recipes, in the firm conviction that they will meet the expectation of all who carefully follow directions, and express the hope that it may find a place in every household.

There has not been any attempt at display or effect, the compilers being content to rest their claim for success upon the excellence of the several recipes, representing, as they do, the ripe experience of the best chefs in home and hostelry. The ladies express a hope that the publication of this volume may stimulate that just pride for cooking, without which the work is drudgery, and great excellence impossible.

Our indebtedness to all who have so kindly contributed to this volume is hereby acknowledged. We would be glad to express our thanks to each individually. This, however, is accomplished in part by the publication of the donor's name with each recipe.

To our advertising patrons we are indebted for the material aid thus furnished, and we bespeak for them a liberal recognition by the public who desire to be well served with good goods in satisfying measure.