

PREFACE

The present work has been designed and written entirely with a view to *practical utility*, and for the information of those young Housekeepers who have not had the benefit of regular instructions in the affairs of the kitchen. My reason for attempting to compose such a work, may be explained in a few words. All the cookery books, both of an old and new date, which I have been able to procure, appear to be written chiefly as remembrancers for professed cooks, or as guides in the extensive kitchen of the wealthy, where economy is not supposed to be a matter of importance. The greater part of their recipes are consequently written on a principle of lavish expenditure, and refer to a great number of things that are never seen at the tables of the frugal and industrious. Excellent, therefore, as many of these works are, they are generally unsuitable for popular and practical use, young or unexperienced persons who have occasion to consult them upon emergencies, uniformly complain *that they cannot understand them*, and that, if they did, they could not *afford* to follow them as guides. It is with the humble hope of (at least in some measure) remedying these deficiencies that the present