

## FOREWORD

THE conditions of living are fast changing, the number of gentle people living in small houses and flats run with One Maid, or with no maid at all is rapidly increasing. The *One Maid Book of Cookery* is specially written with a view to these modern conditions. It is a book of Cookery (not a book of recipes) and as such must be read if to be of any real use. It is strongly urged that the chief methods of cookery together with their principles be mastered before practical work is started. Before using a recipe the notes at the commencement of the particular chapter should be carefully studied. Obviously it is impossible to repeat minute instructions with each recipe. The Index should be referred to in any difficulty. It is hoped that the *One Maid Book of Cookery* (aptly named by its publisher) may help in the attainment of that 'peace of mind and harmony within' to which all aspire.

A. E. CONGREVE.

Hove, 1913.