

And yet they were getting just as good meat—perhaps the very same; but the difference in taste was owing to the manner of cooking.

Again, we often hear encouraging little messages sent by the waiters into the cooks, such as: "Tell the cook that was the best chop I ever ate." "That sauce is fit for the gods," etc.; and then the recipes we are asked to write out for one thing and another for home use—it would almost keep one busy sometimes. But we do not mind writing them out. If it were not for such flowers as these strewn along the path of a caterer, life for him would scarcely be worth living.

It is because I have been so often asked to write out recipes, and to tell how this thing and that thing is done, that I have undertaken to put together such information as will be most helpful and useful in the homes of all who wish to live well at little cost.

Should the contents of this little booklet assist any in the daily labour of love, in making home comfortable and happy, they will not have been written in vain.