

Preface

In presenting a Baptist Young People's Union Cook Book to the Public, the Committee of Management do not claim to be expert cooks, nevertheless we do claim to be offering a first-class up-to-date Cook Book.

Our claim is not based on our ability or our experience in cooking, but upon the ability and experience of the house-keepers of Parry Sound and vicinity who have contributed the recipes.

It is not to be expected that any Cook Book, however complete it may be, can of itself make a good cook. Success in properly preparing and using all the ingredients, care in always selecting fresh materials, and careful compounding, are all as necessary in cooking as is the knowledge of what to use, all of which can only be obtained by experience and a careful attention to detail.

We are offering to the Public only Recipes that have been tried, tested, and found excellent in every respect. They have been collected only at the expense of a great deal of effort and time on the part of the collectors, and we wish here to acknowledge our obligations to the workers and contributors, and to all who have encouraged us, as only through these favors and kindnesses have we been able to issue this book.

COMMITTEE.