"To be a good cook means the economy of your great-grandmother and the science of modern chemists. It means much tasting and no wasting. It means English thoroughness, French art, and Arabian hospitality. It means, in fine, that you are to see that every one has something nice to eat."—RUSKIN.

TRIED AND TESTED RECIPES

COLLECTED AND COMPILED BY

THE LADIES' AID SOCIETY OF THE TALBOT ST. BAPTIST CHURCH

AND THEIR FRIENDS

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