

this great man throughout an eventful life of nearly fifty years. His last complaint was even said to be hereditary in the family.

This small digression will be overlooked in the preface to a system of Cookery which has for its main object the health of its friends. Temperance in the quality and quantity of our diet contributes more to our health and comfort than we are aware of. It was the remark of an eminent physician upon the inquiries of a patient, "that it was of less importance *what kind of food we ate* than the *quantity and the mode of its preparation*, for the stomach."

It is not required that every particular be attended to in a receipt for cooking. Directions are given according to the taste of writers, or their knowledge of what is approved by others. Both these criteria may be used with freedom when brought into practice, for "of all sorts is the world made up." Let every one, therefore, consider the best prescription in Cookery; as nothing more than a basis to be followed to the letter, or deviated from, according to taste and circumstances.