

of nouns. A cook with this fundamental knowledge understands the relation between a sauce thickened with roux, a custard soufflé, an ice cream thickened with starchy material, and many an entrée. She knows the probable value, or jellying quality, of a certain quantity of starch or gelatine, and with no fear of failure she adds whipped white of egg, or cream, to the remnants of a fruit jelly to produce, respectively, a charlotte or a Bavarian cream, and thus formulates recipes to make use of the materials she has on hand.

But while the majority of girls in America become proficient in mathematics before the age of fifteen, as yet it is only the favored few who receive any systematic training in the principles of cookery; and hence there still seems to be a demand for reliable formulas in accordance with which food materials may be successfully combined. Then, again, progress is made in cookery as in other arts, and what is considered a good method of procedure to-day may be much improved upon to-morrow. For these and other excellent reasons we have endeavored to note and to illustrate the latest and best in manipulation and appliance that pertaineth to the culinary art.

Recipes are given for simple every-day dishes and also for such as are in demand on the most formal occasions. To insure accuracy, it is to be noted that in all recipes where flour is used, unless otherwise stated, the flour is measured after sifting once. When flour is measured by cups, the cup is filled with a spoon, and a level cupful is meant. A tablespoonful or a teaspoonful of any designated material is a level spoonful of such material.

The recipes are of dishes prepared by the author during an experience of twenty years in housekeeping; these are supplemented by dishes prepared to illustrate demonstrations in cookery given before classes of housekeepers in New England, the Middle West and the South.

A few formulæ are favorite recipes donated by cooking teachers, cooks and housekeepers of note in various sections of the country. A part of these have been tried by the author and found excellent; others have not been so tested,