

## PUBLISHERS' PREFACE

In presenting "Food and Cookery" to the public, it is not to add another cookbook to the many now in the hands of the perplexed housewives of America. This is the fourth and enlarged edition of a little work which has already made its way; and for this edition, hundreds of orders are already filed.

There is a demand for the book from those who know the first editions. There is a moral demand for the information it contains, in these days of world food scarcity and the need of wise food conservation, when the best food for the least money is called for.

The recipes are not prepared by a tyro, nor gathered from miscellaneous collections, nor compounded merely to please the taste.

The author has had a score of years of experience in every stage of cooking science and practical work, from mere helper to the chef. He has served for years under German and Swiss and Spanish and English and French chefs. For a year, he was second cook in the Calumet Club of Chicago, where he served European royalty; and for nearly the same length of time, in the California Club of Los Angeles; and he has also served in like capacity in many leading hotels in various cities.

For the last ten years, Mr. Anderson has given himself to the better side of the question,—healthful, palatable, scientific, economical cookery.

These recipes are all tested and tried, and retested and tried in connection with experienced chemical, medical, practical collaborators, in the Medical Missionary College and Sanitarium of Loma Linda, California, in which Mr. Anderson is food expert.

In highest confidence, we send the little book forth as a friend in the homes of a larger public.