

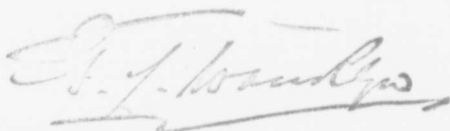
AUTHOR'S NOTE

"Pour être cuisinier, il a besoin de le devenir"

THIS booklet is not intended to rival the art of "Le grand Vatel," nor to eclipse "Ye Widdowe's Treasure," "Ye Accomplisht Cook," nor "Mrs. Beeton" of modern times. It is not in any sense a complete culinary compendium—just a small collection of recipes, the result of over 30 years experience; no experiments. If carefully followed, your appetite will be tickled without impairing your digestion.

THE CHEF.

*Pointe Mouillée Club, Bainsville, Ont.
October, 1919.*



It's me—The Chef. Going into No. 1 Blind.