

THE ART OF COOKERY

ing, their importance and interest are not recognised. Here I will plead for the fair treatment of good food. Meals should be given a certain dignity and due time allowed for their enjoyment. The cook should not be blamed for troubles that arise from insufficient and hurried mastication, or for dishes spoilt through unpunctuality. It is well to remember, moreover, that adverse criticism always reaches the kitchen. Cooks are human, and enjoy praise and appreciation when deserved as much as anyone else. Food is fuel for the body, providing material for building, repairing, and warming. To eat is a necessity and a duty, it should also be a pleasure. Without being a 'gourmand' it is well to be a 'gourmet,' to possess both knowledge and palate to enjoy and encourage the production of good food.

Shopping, housekeeping, and cooking, are games that are beloved in childhood. Later on the game becomes a serious occupation, enjoyable or not according to the skill with which it is played