

## PREFACE

THIS book is designed to be something more than a compilation of recipes—though recipes make up a large portion of its contents. Cookery is a necessary art, and an art that is worthy the attention of the most intelligent and cultivated women of the land. How few women realize that the warp and woof of our muscular and nervous systems are woven out of the food we eat, or that food even more than environment makes or mars the individual.

In the arrangement of subject matter into chapters, the time-honored divisions into bread, soups, eggs, fish, etc., have been retained, though this plan is not strictly scientific. In the secondary grouping of topics in the various chapters, an attempt has been made, as far as possible, to classify the matter in a systematic and scientific manner. The relation between the various subdivisions, and their interdependence not only upon each other, but also upon divisions made in other parts of the volume, is shown. In this and other respects we claim that the book is a step in advance on all preceding works on cookery—from which we hereby acknowledge we have drawn inspiration and aid.

The remark has been made recently by an authority on the subject that "a good cook does not need recipes." This is, perhaps, in accordance with the idea that cooks, like poets, are born and not made. But while a grain of truth may lie hidden in this statement, still there is room for misunderstanding and a well-founded difference of opinion. In the science and art of cookery we are dealing with materials that cannot be said to have a fixed value; yet the effects of heat and moisture, at varying degrees of temperature, and the several combinations necessary to secure definite results under ordinary circumstances, may become as thoroughly fixed in mind as the multiplication table or the declension