

## THE ONE MAID BOOK OF COOKERY

of the winter season, especially dates, figs, and raisins.

**In buying groceries** it is well to examine the different sugars, rices, &c., kept in stock, and to smell the various teas and coffees; in fact, the housekeeper should educate herself to recognise the many qualities and varieties instead of choosing by price alone. The housekeeper should always aim at avoiding monotony and be constantly on the lookout for novelties. New biscuits, jams, pickles, are frequently put on the market.

**Bread.** There are many different kinds of bread, and a change is always welcome. Wholemeal and brown bread should be often on the table.