

THE PREPARATION OF FOOD.

"Preserve and treat food as you would your body," said Dr. Benjamin Ward Richardson, "remembering that in time food will be your body."

These words contain a truth too often overlooked. The daily routine of meal-times is so familiar that we rarely give a thought to any result of eating, except the mere satisfaction of hunger. The work of preparing and preserving food is so continuous that carelessness in its handling, monotony in its service, and slight neglect in its keeping creep in as a result of haste, fatigue, or indifference.

REASONS FOR A STUDY OF THE SUBJECT.

There are, however, forcible reasons why women should be as well informed on the right care of human food as has latterly been customary among men in connection with the right feeding of poultry and stock. All intelligent folk hold the faith that health of mind and body is desirable above all else. Now, experts assure us they are in possession of abundant evidence to prove that food has more to do with a good state of health than any other one thing; consequently, information on the subject of daily diet is now sought, and the value of reliable teaching is understood.

In the first place, it is wise to inquire—

WHAT IS FOOD?

Food may be described as anything which, when taken into the body, can be utilized—

- (1.) To supply the warmth upon which life depends;
- (2.) To repair the daily wear and tear of the body, and, in childhood, to provide for growth;
- (3.) To manufacture the energy which is used in breathing, digesting, thinking, working, playing, or in any other bodily function or activity.

Another bulletin will explain which foods are most valuable for each of these purposes, and why some foods suit one age or one season of the year better than do others. In these pages we can only consider the point referred to in the title—viz., the preparation of food in the home.

THE PREPARATION OF FOOD FOR HUMAN CONSUMPTION.

In reply to the question how men prepare their food, nine people out of ten would promptly reply, by cooking; and true enough the answer would be. Mankind is the only cooking animal in the world.

But, as a matter of fact, there are various other methods of food-preparation besides the application of heat, which is what most people understand to be a cook's work.

Animal food, for instance, must be prepared for killing; killed; dressed; chilled, if it has to be transported some distance, or otherwise preserved, and packed; displayed for sale in shop or market; conveyed to the purchaser's home; possibly salted, smoked, or pickled; certainly washed, before the time comes to cook it as food.