

PREFACE.



The knowledge of cookery (now admitted on all sides to be a most important branch of a woman's education) is daily obtaining more attention, and there are in many of the large towns well-established and supported schools teaching cookery by theory and practice. Cookery is now accepted as both a science and an art, and during the past few years a general recognition of the fact that the work of cooking—upon which depends so much of the comfort and, in fact, the happiness of existence—cannot be successfully carried on in a haphazard or in a "hit-or-miss" fashion. The interests imperilled are too serious and the results of failures too grave.

The recipes given are from the very best sources and thoroughly tested, some from a series of practical lessons given at the South Kensington National Training School of Cookery, London; others dedicated to the Right Honourable The Earl of Shaftesbury by the famous French chef, Alexis Soyer, and others, handed down in families, old-fashioned, but really good. These recipes are from the Mother Country, France, India and Spain, and the School of Cookery, Dundee, Scotland.

The recipes are planned with the view of filling a want which is needed in many households—meaning a small handbook for cooking by gas—containing correct and concisely worded rules arranged in such a manner as to be interesting and instructive to school girl and bride, bachelor and matron.