

practical cook will make the experiment, we shall be in readiness to give an unprejudiced opinion on the results.

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But some Mistress of the Manse may object to Christine Terhune Herick's estimate of "Narrow Means," as being much larger than the minimum salary of Canadian preachers, and she may therefore desiderate some hints on how to make ends meet on "seven hundred and fifty and a manse." By a strange coincidence, and as if to supply this very want, the American Health Association sent us the other day a copy of *Practical Sanitary and Economic Cooking adapted to Persons of Moderate and Small Means*,\* which comes very highly recommended by the Association.

In February, 1888, the American Health Association advertised extensively throughout the United States and Canada a competition for the "Lomb Prizes" for essays on the subject of this book. The conditions called for essays covering methods of cooking, as well as carefully prepared recipes, for three classes: (1) Those of moderate means; (2) those of small means; (3) those who may be called poor. Seventy essays, complying with these and other conditions, were sent in. The judges awarded the prize to Mrs. Abel's essay, as being not only decidedly the best but as possessing very great intrinsic merits, being simple and lucid in statement, methodical in arrangement, sound in teaching and admirably adapted to the practical wants of the classes to which it is addressed. The essay is published by the Association, and sold at a very low price that it may be placed in the hands of every family in the country. It is hoped that boards of health, sanitary associations, employers, etc., will purchase editions at cost. Were the kitchens of our cities and country, whether of the rich or the poor, managed on some such principles as are expounded in this book, disease would be less common, and it might be less difficult for some families to make ends meet.

\**Practical Sanitary and Economic Cooking adapted to Persons of Moderate and Small Means.* By Mrs. Mary Hinman Abel. The Lomb Prize Essay. Published by the American Health Association. 1890.