

PREFACE.

This little book is published at the repeated request of my many pupils, I feel no apology need be offered for its existence. I do not for one moment claim that it is complete, that would be impossible in a work of this size, but the recipes have been chosen with very great care, so as to give a good general idea of the different branches of cookery. Many of the recipes are my own and are now published for the first time. I most sincerely hope my pupils and others who use my recipes will find them as useful as I have tried to make them.

AMY G. RICHARDS.

Montreal, April, 1895.