

: :THE ONE MAID: : BOOK OF COOKERY

THE ART OF COOKERY

COOKERY is the art of preparing food for use by the aid of heat, or rendering it palatable and easy to digest, the aim being to get the maximum of nutriment and flavour out of the material available. With this end in view, methods of cookery have been evolved which require to be known and understood, together with the principles on which they are based, otherwise much of the nourishment and value of food is wasted, and it may become a fruitful source of digestive trouble.

An Eastern writer lately called attention to the fact that natives of so many countries cook excellently without having had any training. Ask them how they cook, and they will answer with their own proverb 'On each occasion use your sense accordingly.' In this country there are some born cooks, but they are few and far between. It is probable that the overloading of the brain with book-learning knocks out much of what we call common sense. We have Schools of Cookery and