

PREFACE

A distinguished author has said that we can live without poetry, music or art, yes, without friends, but no civilized man or woman can live without cooks.

Men and women who are blessed with that greatest of blessings, good health, have little to complain about from a physical standpoint and the chances are that being in so good form physically, they will be able to do their hours of work and enjoy life in whatever station their lot may be cast.

So that while cook books for adults in good health are not an unmixed blessing, if the cooks or chefs are experts at their calling, cook books that deal with diseases for those not so favored are an absolute necessity.

The shelves of the bookmen are laden with cook books for those who have an appetite for almost everything good that is set before them, whether it be Irish stew, sunshine pudding or mayonnaise for blue Monday salad—it's all the same if it's food.

But there is another class that require catering to, those who crave for good digestion to wait on appetite, who line up in battalions as invalids, whose food has to be carefully selected and so prepared that whatever of appetite is left may be sharpened, that in the end good health may follow.

To meet this want, like other wants