

for the exclusion of a notice of any book. A difficulty presents itself when one of the first publishing houses in America sends us a new book on the art of cookery.* What relation is there between cookery and theology, philosophy, literature or Christian work? and what reason can be offered for noticing the merits of a cook-book in a magazine such as the MONTHLY? The relation may be more intimate than obvious, and the reason good and satisfactory.

The food one eats, its properties and process of preparation, has not a little to do with one's mental habits, spiritual condition, and success in Christian work. One's theological outlook is always affected by one's physical condition. The gastric juices have something to do with it. Many a sermon is spoiled in its preparation by dyspepsia or biliousness, and in its delivery by a sluggish liver or the presence in the stomach of indigestible pastry. We know of one Canadian minister who, when a student missionary, debated Hamlet's question, "To be or not to be?" and who inclined to the "bare bodkin" solution because "outrageous fortune" had doomed him to a lingering death on sour bread, green tea and salt fat pork.

A good reason for the present notice may be found in the title: Liberal Living upon Narrow Means. All readers of this magazine have a weakness for liberal living, and most of them, if advocates of the Augmentation Scheme are to be believed, are people of narrow means.

Coming to the volume under review, we have a book of 275 pages, clearly printed on good paper, and neatly bound in cloth. At the outset the author points out the flaws in most bills of fare, from which the thrifty housewife who cannot afford a trained cook, and has no time for the concoction of elaborate dishes, turns away to "the old round of tough steaks, stringy chops, and juiceless roasts." Her purpose is to demonstrate that a wholesome variety may be obtained without a large expenditure of time or money, and her method is to give each month the dinners for a consecutive week, directing the disposal of the "left overs," illustrating the manufacture of novel and tempting dishes from simple and hackneyed materials.

We have followed our author through innumerable *menus*, recipes for the preparation of delicious dishes of all sorts, and details for the attractive serving of meals during each month of the year. It is interesting reading. But inasmuch as the Shelf is not provided with the necessary utensils and materials, we have not tested the recipes by actual experiment, and not being expert in the gastronomic art, we do not dogmatize here. If any

*Liberal Living upon Narrow Means. By Christine Terhune Herrick. Boston: Houghton & Mifflin. Toronto: Presbyterian News Co. 1890.