

THE WHYS OF COOKING



UDE, one-time chef of Louis XVI said: "Prominence in cookery never occurs under thirty years of age, and nothing but consummate experience can elevate one to the rank of chief professor. In connection with diligent and studious application one must also possess no small share of intellect." What, then, is to become of our families while the mother is reaching the age of thirty? The first years of housekeeping are the most important, the period when the digestive habits of young children are forming:

then, if ever, the home should be provided with well-prepared food.

When the prudent, thoughtful housewife takes from the oven a loaf of sour bread or a cake with a heavy streak through it, or when her pie runs over and the best part of it is left in the oven, she is most desirous of knowing *why* these things have occurred, and she sets herself to find out the cause, that she may avoid a repetition of such mistakes.

Two hundred years ago, in the time of Ude, each individual housekeeper worked out the remedy for these and other culinary mishaps only after many repetitions of the same bad results. After an expenditure of valuable time and thought, together with a waste of food-stuffs, the earnest worker discovered that, certain conditions being present, certain results would surely follow, and these discoveries are now the rightful inheritance of the housekeeper of today. She should not be obliged to begin her work where her ancestors began, but should continue where they left off, and, better still, from the point at which her foremost sister of today has arrived.

When a young housekeeper realizes that in making yeast bread she is dealing with actual plants that must thrive and grow if her bread is to be good, she will understand why warm rather than scalding liquid must be mixed with her yeast; and henceforth she is likely to care for her miniature garden with intelligent forethought.