

Pastry has had more than usual attention, lest, as is common in books of this kind, the good housewife be left without a sufficient guide; not only to keep up her store of the better things for her own family circle, but to be prepared for accidental or invited company.

To meet the objections that may be raised against this little production on the ground of its containing many directions for getting up our most common repasts, let it be remembered that not a few young women enter upon the duties of the married life without having been scarcely initiated into the mysteries of the eating department, and therefore to them the most trivial matters on this head become of importance. The health of a family, in fact, greatly depends upon its cookery. — The most wholesome viands may be converted into corroding poisons. Underdone or overdone food in many instances produce acute or morbid affections of the stomach and bowels, which lead to sickness and perhaps death.

The curing and preservation of meats, &c. claim no small share of notice, for without proper instructions a well meaning wife, will, to use a homely adage, "throw more out at the window than the husband can bring in at the door." Some over-genteel folks may smile at the supposed interest the wife, or female head of a family must take in all these concerns; but, suffer the remark, where this is not the state of things, a ruinous waste is the consequence.

It has not been thought irrelevant to remember the wants of the sick-room, so far as to aid the prescriptions of the physician, or indeed render a call upon him many a time unnecessary. Abstinence from our common fare, and partaking of innocent broths, gruels, &c. very often restore a disordered state of the stomach or check inflammation as effectually as the doctors' potions. It is said that *total abstinence* from food was the most usual remedy with Napoleon Bonaparte, for any indisposition of body; and few men enjoyed better health, or endured more fatigue of body and mind than did