

These thoughts bring us to the consideration of how to effect a change in this direction. Fortunately, fashion is helping some in this direction, for we note on all sides the simplicity with which city breakfasts, and many country ones, are now being served. We wish it were so with the dinner, but, alas, we fear that the simple diet for breakfast is more than offset by the late, rich dinner. But, as usual, we look to the women. Women are the first to advance a reform, and to them must the world look for a continuation of this feeble awakening which has been begun in the breakfast, and which, with careful discrimination, will prove the greatest blessing of the age. To discard the injurious substances that now enter largely into the composition of many of our so-called "fancy dishes" and to avoid spices, that stimulate without nourishing, and fats, that clog without strengthening, is to open up a new phase in human life. Pure foods, pure water, and pure air, will give new power, and when the perverted appetite has approached its normal condition, many of the diseases that now assail the human frame will disappear, thus making our bodies fit temples for the dwelling of the immortal soul.

This volume, by a skilled home caterer, successful housewife, and ideal mother, will prove helpful to all classes. It is not radical, but suggestive, and is comprised in three books, bound under one cover.

BOOK I. is intended for the inexperienced housekeeper, who has all things to learn, as well as for the epicure, whose tastes incline to rich and expensive dishes, but whose pocket-book demands economy.

BOOK II. is devoted to various health foods—soups, without meats (more appetizing than any ever dreamed of in our grandmother's day), to the cooking of vegetables, cereals, the making of salads without meat, etc., etc. It is an up-to-date guide in brain-building, health-building and happiness.

BOOK III. is devoted to household economics, nursing the sick, the toilet, the care of the kitchen, laundry, etc., etc.

Thus, the book (three volumes in one) is a complete Twentieth Century Guide on all things pertaining to cookery. It teaches us, not only what to select for the table and how best to prepare it, but furnishes a concise and ready manual for all home-keepers, regardless of wealth or station. Our blessings accompany it.

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