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MRS. HALE'S

NEW COOK BOOK.

A PRACTICAL SYSTEM FOR

PRIVATE FAMILIES IN TOWN AND COUNTRY;

WITH DIRECTIONS FOR

CARVING, AND ARRANGING THE TABLE FOR PARTIES, ETC.

ALSO,

PREPARATIONS OF FOOD FOR INVALIDS AND FOR CHILDREN

BY MRS. SARAH J. HALE.

Illustrated with Numerous Engravings.

Who would suppose, from Adam's simple courses,
That Cookery could have called forth such resources
As form a Science and a nomenclature,
From out the commonest demands of nature.—Byron.

Philadelphia:
T. B. PETERSON AND BROTHERS,
306 CHESTNUT STREET.

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PREFACE.

COOKERY, as an Art, ranks in the highest department of useful knowledge, connected, as it is, with the welfare of every human being.

When understood in all its bearings and conducted on scientific principles, it promotes health and happiness, moral and social improvement, and adds the charm of contentment to every-day life.

Is not the TABLE, when wisely ordered with economy, skill, and taste, the central attraction of HOME? And the lady who, with kindness, thoughtfulness, and dignity presides, does she not receive homage from the master of the house when he places at her disposal the wealth for which he toils?

The husband earns, the wife dispenses: are not her duties as important as his?

If these truths were acknowledged and acted upon, by giving to the Science of Domestic Economy a prominent place in the education of young ladies, we should soon see great improvement in household management.

There are encouraging signs of reform. Some of the most esteemed among our lady writers have devoted their talents to the illustration of these home duties: the cookery books of Mrs. Child, Miss Leslie, Miss Beecher, and others, have done much for the cause of Domestic Economy. Still it appeared to me that a "new book" on this science, combining features not hitherto included in any work of the kind, was needed. Some of these new features are the following:—

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In this work the true relations of food to health are set forth, and the importance of *good* cookery to the latter clearly explained. See "Introductory," commencing at page 37, and also "Rudiments of Cookery," pp. 112, 113, etc.

"Preparations of Food for the Sick" have been carefully attended to, and many new and excellent receipts introduced.

"Cookery for Children" is an entirely new feature in a work of this kind, and of much importance.

A greater variety of receipts, for preparing *Fish, Vegetables, and Soups*, is given here, than can be found in any other book of the kind; these preparations, having reference to the large and increasing class of persons in our country who abstain from flesh meats during Lent, will be found excellent; and useful also to all families during the hot season.

As our Republic is made up from the people of all lands, so I have gathered the best receipts from the Domestic Economy of the different nations of the Old World. Emigrants from each country will, in this "New Cook Book," find the method of preparing their favorite dishes.

The prominent features are, however, American. My own experience and studies gave some peculiar advantages in understanding "household good;" and then I have been favored by ladies, famed for their excellent housekeeping, with large collections of original receipts, which these ladies have tested in their own families. I feel, therefore, confident that this "New Cook Book" will be approved.

It has been my aim to give all directions in a concise, straightforward manner, and so vary the receipts and modes, that every American household may model its management, to advantage, from the instructions.

A glance at the "Contents" and the "Index" will give some idea of the variety of information the volume contains.

S. J. H.

Philadelphia, June 1st, 1857.

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