

HOW TO COOK AND WHY

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How to Cook and Why by Elizabeth Condit & Jessie A. Long

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ELIZABETH CONDIT & JESSIE A. LONG

HOW TO COOK AND WHY

HARPER'S HOME ECONOMICS

Edited by

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Director of the School of Household Science
and Arts, Pratt Institute

HOW TO COOK AND WHY. by ELIZABETH
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Institute.

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by MARY J. QUINN, Instructor in Design, School
of Household Science and Arts, Pratt Institute.

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HOW TO COOK AND WHY

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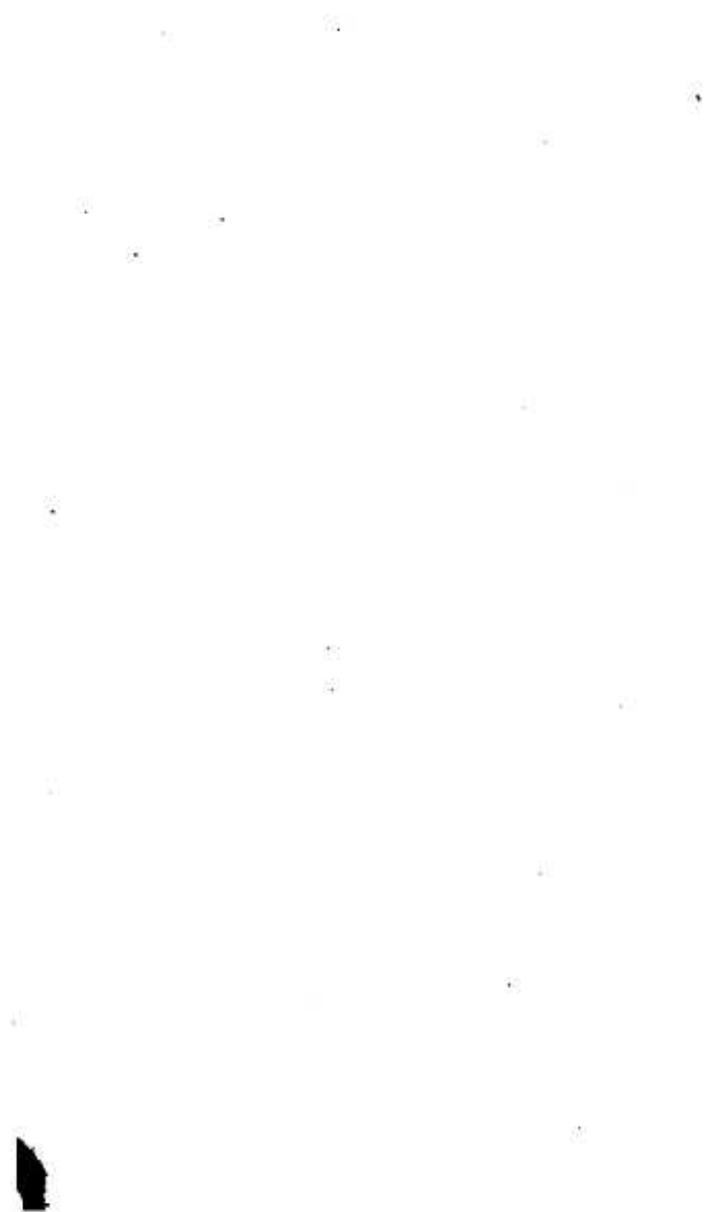
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EDITOR'S INTRODUCTION

THIS book has been written to meet two sets of needs, those of the girl of high-school age and those of the average housekeeper. The high-school girl studying cookery under a teacher with scientific training needs a simple book to remind her of the principles she is hearing about and which she herself is practising in the school kitchen. The average housekeeper, deeply interested in the responsibility she has in preserving the health of her family, needs a book that is easy to refer to and that will give her broad, general principles without going so far into details that she finds it impractical to follow. The book Miss Condit and Miss Long have written together meets these two needs admirably.

The question the housekeeper asks for to-day, and the high-school girl asks in order that she may be prepared for to-morrow, in the end comes to something like this: "How can I plan the food of the family so as to give them the right foods rightly prepared *at the least cost?*" This book in dealing with the subject of preparation

stands between the two questions of food values and food cost, and necessarily deals with both.

The authors have had practical experience in their own homes as well as wide experience in teaching cookery to girls and women. They are enthusiastic over the possibilities of the value of scientific knowledge to the tens of thousands of home-makers who have not had scientific training. They have written the book in the hope of doing a service to all such home-makers, to the teachers of classes of older girls—whether in high school, Y. W. C. A., settlement, or elsewhere—and to the girls themselves. They are not offering a contribution to scientific research, but a "first aid" to the girl or woman who wants to take advantage of the research that has been done. It is the service of the *middleman* between the laboratory of science and the kitchen of the school or home.

ISABEL ELY LORD.

Pratt Institute, BROOKLYN, *June*, 1914.