

**DOMESTIC SCIENCE
MANUALS. MANUAL OF
THE PRINCIPLES OF
PRACTICAL COOKERY**

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Domestic Science Manuals. Manual of the Principles of Practical Cookery by E. E. Mann

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DOMESTIC SCIENCE MANUALS

MANUAL
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COOKERY

BY

E. E. MANN

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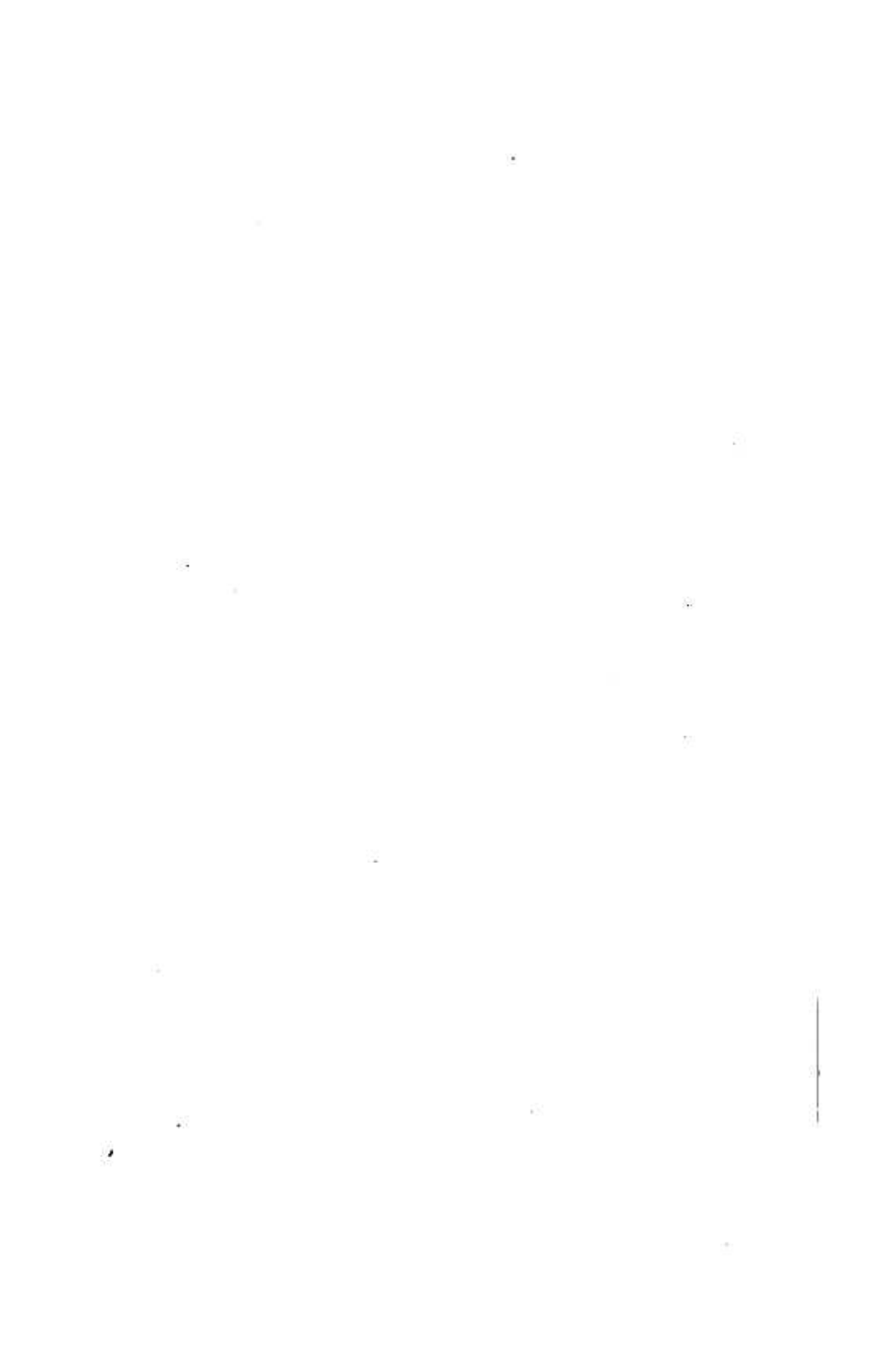
TO

H.R.H. PRINCESS LOUISE
MARCHIONESS OF LORNE

WHOSE PRACTICAL INTEREST

IN DOMESTIC SCIENCE EDUCATION

HAS GREATLY ENCOURAGED AND PROMOTED THAT SUBJECT



PREFACE.

THE publication of this Manual on the Principles of Cookery is due in great part to the many requests we have received for a book about cookery apart from special recipes. We hope this will efficiently supply such a need, and give to young housekeepers especially clear and definite ideas as to the proper management of both the kitchen and the larder.

Particular attention is here drawn to the value and use of vegetables, both for the sake of health and economy. H.R.H. the Marchioness of Lorne has always taken a great interest in promoting the extended and increased employment of vegetables by our people as an economical article of daily consumption, and from time to time has procured recipes to be taught in our Schools of Cookery in order to vary the methods of cooking and so make vegetables palatable and acceptable in all households. In the country, of course, there are plenty of facilities for growing vegetables, and even in large towns they are generally cheap enough and quite within reach

of the working classes, as they are imported in such large quantities. As a nation we need very much, and very often repeated, advice and instruction on the subject; the fear of having to "take trouble" being a great hindrance to improved and varied diet.

FANNY L. CALDER.

LIVERPOOL, *October*, 1898.

INTRODUCTORY.

I WOULD have it clearly understood that this is not a cookery book or book of recipes, but a simple text-book dealing solely with principles and broad, general rules. A knowledge of these would, I am assured, be of help to many young housekeepers and cooks who find the daily struggle with individual recipes, and the too frequently ensuing failure and disappointment so disheartening as to place meal-time among the real troubles of life. We must "eat to live," and it is hard that that necessity should be the root of so much tribulation.

Women are, as a rule, too prone to deal with detail; a wider view, a larger grasp, would often save worry and work. As cookery comes to be regarded more and more on the same base as the other sciences and arts, much of this weary struggle with items and details will be given up, and a more thorough study of the composition of foods, of the effects of particular combinations, and of the various kinds and degrees of heat, etc., etc., will enable us to