

THE FARM COOK AND RULE BOOK

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The Farm Cook and Rule Book by Nell B. Nichols

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NELL B. NICHOLS

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AND RULE BOOK**

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BY
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To

MY MOTHER AND OTHER PIONEER FARM WOMEN
WHOSE CULINARY SKILL AND PRACTICE OF
THRIFT KEPT THE ART OF HOMEMAKING ALIVE
WHEN AMERICAN FRONTIERS WERE BEING WON

PREFACE

Practically all the recipe and homemaking books on the market during the last decade have been written for city women. "The Farm Cook and Rule Book" has been prepared especially for rural homemakers, to help them use intelligently the foods available in their kitchens and to meet with prudence the problems confronted in their business of housekeeping.

When America was younger, a large proportion of the population lived on farms. Then every mother taught her daughters how to cure the meat butchered, to manufacture soaps from left-over fats and cracklings, to utilize surplus fruits in making vinegar, to tan hides, to make hominy and to put away foods during the harvest for use in the winter.

City growth has been rapid. With it changes have come. Commercial bakeries and laundries, restaurants, cafeterias, corner grocery stores and delicatessens have taken duties from city homes that remain in rural communities. The proximity of hospitals has even made the home nurse's rôle less important; small apartments require different methods of housekeeping than country houses; the nearness of beauty shops has taken the responsibility of caring for the hair and skin from many urban women.

In rural districts, even in this day and age, homemakers need to know how to prepare foods to cater to the appetite of the sick. A knowledge of old-fashioned beauty secrets, those rules which made pink-and-white complexions long ago, is sought by farm girls. Baking day is not a tradition. Saturday's work does not end until the cupboards are supplied with delectable pies, crisply browned loaves of bread, jars of sugary cookies and prettily iced cakes—all of the homemade variety. More than once a week the fragrance of spices and browning batters is in the air.

Many of the older cooks and housekeepers do not follow