FIRST PRINCIPLES OF HOUSEHOLD MANAGEMENT AND COOKERY: A TEXT-BOOK FOR SCHOOLS AND FAMILIES

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First Principles of Household Management and Cookery: A Text-Book for Schools and Families
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MARIA PARLOA

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BY

MARIA PARLOA.

BOSTON:
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PREFACE.

THE object of this little volume is to spread a knowledge of the common things of every-day life among all the people. Physicians, and others qualified to give an opinion, testify that the foundation for disease, intemperance, and crime is nearly always impure air and water, food improperly cooked, or uncleanly and disorderly homes. The author has long had a desire to help remedy these evils, and while studying the South Kensington, and the Board Schools in London, last year, was convinced that the English people had solved the question as to how and where the reform should begin.

In the city of London there are twenty-one practice kitchens, where girls of eleven years of age and upward are sent for practice lessons in the preparation of the plainest dishes. Before these lessons, however, they study a manual of the composition of food, and the principles underlying its preparation. They also learn the simplest rules for the care of the body

and dwelling. The schools have been in successful operation for two years, and have done a wonderful amount of good. The same method is followed with marked effect in the manufacturing and mining districts.

After seeing all this, the determination was taken to write a book that could be used in the schools and families of America with like beneficial results. In this work the aim has been to state clearly the causes of disease and the prevention of the same through sanitary laws; the order of household work; the composition and preparation of food, with sick-room cookery; and to give a few hints on the care of the sick. In treating subjects of such importance, it has been difficult to decide what to omit, and yet make the work complete; but the kind reception of the Appledore Cook-Book, and the generous support given it during the past seven years, lead the author to hope that this volume may, too, find favor with the public.

BOSTON, *August* 23, 1879.

NOTE TO THE TEACHER.

SIX dishes are all that can be cooked in a lesson. That the pupils might be able to prepare a variety of food in their own homes, more than that number has been given.

The teacher will use her judgment in selecting from each lesson.

CONTENTS.

HOUSEHOLD MANAGEMENT.

CHAPTER I.

CHAPTER II.

CHAPTER III.

CHAPTER IV.

CHAPTER V.