

FOREWORD

These recipes are carefully compiled from the best domestic science authorities and from some of the famous cooks in our Southland. Besides these authentic recipes this book contains many new things about which housewives like to know. We are especially indebted to those whose names appear in this book.

HOW TO COOK HUSBANDS.

A good many husbands are entirely spoiled by mismanagement, in cooking, and so are not tender and good. Some women go about it as if their husbands were bladders and blow them up. Others keep them constantly in hot water. Others let them freeze by their carelessness and indifference. Some keep them in a stew by irritating ways and words. Others roast them. Some keep them in pickle all their lives. It cannot be supposed that any husband will be tender and good managed in this way. Turnips wouldn't, onions wouldn't, cabbage heads wouldn't, and husbands won't; but they are really delicious when properly treated. In selecting your husband, you should not be guided by the silvery appearance, as in buying mackerel; nor by the golden tint, as if you wanted salmon. Be sure to select him yourself, as tastes differ. And, by the way, do not go to the market for him, as the best is always brought to the door. It is far better to have none unless you will patiently learn how to cook him. A preserving kettle of the finest porcelain is the best, but if you have nothing but an earthenware pipkin it will do, with care. See that the linen in which you wrap him is nicely washed and mended, with the requisite number of buttons and strings nicely sewed on. Tie him in the kettle by a strong silken cord called Comfort, as the one called Duty is apt to be weak. Husbands are apt to fly out of the kettle and be burned and crusty on the edges, since, like crabs and lobsters you have to cook them while alive. Make a clear, strong, steady fire out of Love, Neatness and Cheerfulness. Set your husband as near this as seems to agree with him. If he sputters and fizzles do not be anxious. Some husbands do this until they are quite done. Add a little sugar in the form of what confectioners call kisses, but no vinegar or pepper on any account. A little spice improves him, but it must be used with judgment. Do not stick any sharp instrument into him to see if he is becoming tender. Stir him gently; watch the while lest he lie too flat and close to the kettle; and so become inert and useless. You cannot fail to know when he is done. If thus treated, you will find him very digestible, agreeing nicely with you and the children, and he will keep as long as you want, unless you become careless and set him in too cold a place.—ELIZABETH STONOR WORTHINGTON.