

INTRODUCTION BY J. L. SHAND, Esq.

DANIEL SANTIAGOE, who has twice come from his Ceylon home to serve me in England and Scotland, now gives to the world a second edition of a very valuable little book, and has asked me to write him an introduction.

An introduction is generally apologetic, but I depart from custom and congratulate the purchasers of this book upon obtaining a collection of recipes which may add much to their gastronomic enjoyment, and perhaps also contribute to health and longevity.

“I do not care for Curry, it is too hot !!!” is a common but erroneous plaint ; and the disciple of Santiagoe will find recipes which provide the full delicacy of Eastern condiments without the discomfort of excessive heat.

Why do old East Indians live so long? is a question often asked,