

wages that are paid to the present class of cooks, who destroy the health of their employers, and shorten their existence.

Two-thirds of our food wasted.

It is a sad reflection on the women of England, that two-thirds of the food destined for the human stomach are utterly wasted, if not destroyed.

The ménage regulated abroad by the ladies of the upper class.

In Germany, in Holland, in France, and even in Spain, the housewives of the upper classes regulate the ménage, in which they take pleasure, it having formed part of the education of their girlhood. They have their model kitchens, where order, neatness, and cleanliness reign triumphant; where the bright cooking and porcelain saucepans attract the notice of the most superficial, and from whence is obtained, as if by magic, a prettily conceived dinner, fitted for the human stomach, increasing the gratification of the convives by the knowledge that the production is chemically clean, and perfect in its conception.

The gentlewomen study cooking as an intellectual employment.

They disdain the excessive desire of amusement.

They avoid spiritless and crowded societies.

The gentlewomen of those countries recognise the study of cookery with delight as an intellectual employment and refined pursuit, paramount to all their duties, more interesting than the study of chemistry. They disdain the excessive desire of amusement, which they know indisposes the mind to industry and is not favourable to civilisation; the gentlewomen of those countries know that every one of the great human family have their duties, and that the better educated are bound to set example to those below them. They avoid all the spiritless and crowded societies where a round