

INTRODUCTION.

“ She looketh well to the ways of her *Household*, and
“ eateth not the bread of idleness. Her children arise
“ up, and call her blessed : her husband also, and he
“ praiseth her. Many daughters have done virtuously,
“ but thou excellest them all.”

PROVERBS, Chap. xxxi., vs. 27, 28, & 29.

I HAVE taken so much pains to make the following work deserving of the title it bears, that I could not, without affectation, pretend to undervalue my own performance, by anticipating doubts of its utility, or by expressing any fear lest my friends should be disappointed when they look into it. Every publication of this description is necessarily calculated to be of some essential service ; for it must not only be practical in its descriptions and directions, but must relate to matters touching the daily and hourly wants of all mankind ; and it will, of course, be approved according as it may happen to meet those wants.

As a mere Cookery-book, mine must submit to be placed in a lower rank than some others, because I do not profess to bring to light discoveries in the culinary art, neither do I design to favour epicurism. I have no pretension beyond that of advising young ladies who are their own housekeepers ; and the receipts which will be found in my selection, are such as appeared to me suitable to any family of moderate style in living, and such as may be easily comprehended and put in practice. These have been carefully