INTRODUCTION.

In time of stress and trouble such as this, in the great War of 1914 and 1915 for the life and liberty of our country and its dependencies, we, whose life-work it is to teach all classes of His Majesty's subjects how to make the best use of the materials required in our homes for food and clothing, etc., naturally turn our attention to the present urgent need for the utmost economy in all branches of household management.

We are all anxious to know how to choose the foods which will give us the most nourishment for the smallest outlay; how to choose cheap materials for clothing which will be warm and durable; how to make up these materials for ourselves, and how to lengthen their lives by washing them ourselves; how to reduce the gas bill, the coal bill, the butcher's bill, and the wood bill; and also how to "gather up the fragments that nothing be lost." The staff teachers of this, the National Training School of Cookery and other branches of domestic economy, have therefore conjointly written this book, which, I think, from their years of very varied experience as teachers among all classes of the community, they have every reason to believe will be welcomed by the public as offering them some very practical suggestions and hints in the form of recipes for cooking and other domestic matters.
I have allowed the staff to include in their book a chapter of my "Cheap Fish Recipes," which had its origin in the Fisheries Exhibition of 1883, because it will, I trust, bring once more before the public several very excellent fish which seldom find their way to our markets, but which are cheap and very good to eat. The thousands of people who found their way to the sixpenny fish dining-room in 1883 bore testimony to this. I wish this little book all success, and hope it may bring some measure of comfort to many households.

EDITH CLARKE,

Principal.