



LOWNEY'S
COOK BOOK

Illustrated

REVISED
EDITION

LOWNEYS
COOK
BOOK

MARIA
WILLETT
HOWARD

REVISED
EDITION

FRAMINGHAM
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COURTNEY'S

LOWNEY'S COOK BOOK

ILLUSTRATED IN COLORS

A NEW GUIDE FOR THE HOUSEKEEPER, ESPECIALLY INTENDED AS A FULL RECORD OF DELICIOUS DISHES SUFFICIENT FOR ANY WELL-TO-DO FAMILY, CLEAR ENOUGH FOR THE BEGINNER, AND COMPLETE ENOUGH FOR AMBITIOUS PROVIDERS ❁ ❁ ❁ ❁

PREPARED AND REVISED BY

ONE OF THE MOST EXPERIENCED AND SUCCESSFUL TEACHERS OF COOKING IN THE COUNTRY, AS THE LATEST FRUITS OF PRACTICAL AND SCIENTIFIC KNOWLEDGE OF THE ART

MARIA WILLET HOWARD

STATE COLLEGE
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REVISED EDITION

FRAMINGHAM, MASS.

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PREFACE TO REVISED EDITION

WE are giving the public in this new edition eighteen admirable colored plates on three inserts which show the two most common methods of cutting beef, a chapter on economical dishes, one on Southern or Creole dishes, and about fifty new receipts, in addition to the same superfine cook book that has been received with so much favor.

It is our aim to improve the book in every way and keep it abreast of the times. No one—not even the United States government—has ever attempted such expensive illustrations of cuts of meat, and we believe they will be appreciated by every one who has occasion to order provisions.

The price of the book remains the same, and we are glad to furnish a greatly improved cook book of increased cost as our recognition of the friendly attitude of the great public toward our goods.

THE WALTER M. LOWNEY CO.

BOSTON.

INTRODUCTION

WE present this cook book with confidence that it brings up to date the modern possibilities of the table. It is prepared by a woman who has devoted her life to scientific and artistic cooking, and who has recently been honored by appointment to full charge of the culinary department of one of the most advanced colleges for self-supporting women in the country. She speaks with knowledge and authority.

We hope the book will contribute something to the fine art of living in many homes, making those homes the happier and more attractive for the husband and children, and solving many a problem for brides and beginners.

Thousands of our most valued customers cannot afford to prepare many of these dishes very often for their tables. But there are special occasions when we all feel that we can have the best for ourselves and our guests. This book will stand the strain of such occasions.

There are hundreds of simple dishes here for all tastes, suitable for all pocket-books. With this book as a guide, it will be possible for any woman to live within her means and still have that infinite variety on the table which means so much for appetite and health, which we all wish for and which we wish for you all.

THE WALTER M. LOWNEY CO.

BOSTON.

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PART I

VALUE OF FOOD TO THE	MARKETING.
BODY.	DINNERS AND LUNCHEONS.
METHODS OF COOKING.	BUTLER'S DUTIES.
JUST HOW.	GARNISHING.
CARVING.	WEIGHTS AND MEASURES.

KNOWLEDGE OF FOOD

is the foundation of housekeeping

Good food means health

Variety in food induces appetite and good digestion

Pure food should be insisted on. It goes further, nourishes more, and saves doctor's bills

You can eat freely of Lowrey's Chocolate Bonbons, because they are pure

Lowrey's Cocoa is all cream

The Lowrey Products are all wholesome as well as delicious