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PRACTICAL COOKERY

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JOHN D. POLLARD, Managing Editor

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"Cookery is like matrimony—two things served together should match."

—Anon.

Modern Cookery--An Art and Science

ACCORDING to a gifted writer, whose imagination conceived a fairly definite notion of what accompanied man's rise from barbarism, fire was found and first used as a protection against wild animals. Huge piles of combustibles were heaped before the openings in the caverns in which the tribe sought shelter and served the double purpose when set on fire of scaring away prowling beasts and affording warmth for the human beings crowded within the gloom behind them.

The Discovery

One day a huge wild animal attacked the women and children of the tribe and fell, hurt to death, in the embers of the watch fire. While the survivors were caring for the injured as best they might, the huge animal roasted on his funeral pyre. After something like order had been restored the women noticed that the children were eagerly gnawing at the half-charred flesh of the beast. They tried it and found a new and unsuspected flavor. Cookery had been discovered and from this simple beginning has grown up one of the most attractive of sciences.

The preparation of food is a science as well as an art. Very little need to tempt the appetite of a hungry mortal, for hunger is ever the best sauce, yet a proper conception of the duty that rests on the cook requires that some attention be given to the little niceties that give to food the qualities that appeal to the eye as well as to the palate. Even the most famished of men will note the little things that embellish the table as well as the viands, and his satisfaction by the food will be no greater than the gratification that comes with the thought that it is tastefully served as well as carefully prepared.

Of Economic Importance

In very truth, the progress of mankind from that day when it was accidentally discovered that cooking developed qualities and flavors in food not possessed in the raw state, to this time of enlightened civilization can be fairly marked by the advance in cookery. The once grim and trite Spanish proverb, "God sends food and the devil sends cooks," has lost its significance and become merely an uncouth joke, because cooks have proved their worth to the world by their accomplishments.

We are not dealing with the "cordon bleu," the chef whose mysterious compounds and concoctions delight and mystify those who consume them. It was one of these who prepared the meal at which one of the diners, seeking to be facetious, turned to the host, whose tongue he did not speak, and que-

ried with a smile, "Quack, quack?" "No," returned the host with a most engaging smile, "Bow wow!"

Drudgeless Cooking

On the American housewife falls the duties as well as the pleasures of cooking the meals for the family, for cooking can be made a pleasure as well as drudgery. Only where the real art of fixing food is neglected does its practice become drudgery. A steady round of fry-

ing, boiling and baking soon palls and the jaded housewife notes the coming of meal time with little enthusiasm. But this can be remedied. Modern methods and appliances have lessened the actual manual labor of getting a meal, even for a large family, and the study of even a few recipes affords such insight into the mysteries of food combinations as gives to the job of fixing up a lunch, a dinner, a supper or even the more simple meal of breakfast, something of an adventure, because it really becomes an achievement, a triumph, when it turns out right. And it will come out right if the various steps are taken in order and with due care.

Our Aim

In presenting this first edition of Practical Cookery magazine to you, that is what The Omaha Bee is trying to do just now; not to teach anyone's grandmother how to milk ducks, but to show our readers some new ways of doing old tricks, and perhaps setting somebody on the track of how to be chief cook and bottle washer in a busy household and yet find a few moments free from the commanding presence of the kitchen range every day. Not only will these articles treat of the handling of raw materials in the food line, the effective combinations that may be secured from them, and dainty dishes that may garnish the more substantial elements of a home-prepared meal—they will also tell of how to handle the left over things, so that true economy will prevail and nothing will be wasted.

In this lies the true art of cookery and it is our purpose to be helpful to those who are now sometimes perplexed by showing ways that have the approval of test, tried by experience and known to be reliable, and through this means to enable all to save something of work, of worry, time and material, and thus to lighten the burden of housework to the extent that cooking will be robbed of some of its terrors and take on some of the features of real pleasure.

We feel sure that this undertaking will not be in vain, for no home is complete without a kitchen, and a kitchen must have a mistress. Meredith was right when he wrote:

"We may live without poetry, music and art;
We may live without conscience and live without heart;
We may live without friends; we may live without books;
But civilized man cannot live without cooks."



THANKSGIVING

Could you look forward to the snows
Of winter, to the hidden foes
That in the forest shadows lie,
Look upward to an alien sky,
A thousand leagues from those you love
And then give thanks to God above
For simple blessings such as they
Knew on the first Thanksgiving Day?

Yet how much greater is your store
Than that your fathers had before,
What comforts, pleasures, luxuries,
What riches never known to these;
And do you think, I ask again,
That these good women, pious men,
Could live like you in these great days
And never speak a word of praise?

If only we, a little space—
A Pilgrim winter had to face—
If only we knew hunger, we
Perhaps, would understand and see
How good our God has been to all,
Perhaps our blessings would recall
And be, perhaps, before God tires,
A little worthy of our sires.

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The Spirit of Thankfulness

LET it be here, there, and everywhere.
Let its subtle presence be reflected
not only in the cheery atmosphere of the
home but also in the deeper significance
of personal gratitude for all the good
things in which we have been allowed
to share.

The uplift of its influence is all powerful.
By and through it let us be moved to
accomplish better things, broaden our
lives, and make happier the lives of those
about us.