

THE  
APPLEDORE COOK BOOK:  
CONTAINING  
Practical Receipts  
FOR  
PLAIN AND RICH COOKING.

By M. PARLOA.

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PREFACE.

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In offering this little book to the public, I am aware that there are many good cook books in the market already. But I trust that this will supply a want which has always been felt by young housekeepers. The great trouble with all the cook books which I have known (and I am constantly hearing the same complaint) is, that they are too expensive, and that they use weight instead of measure, and also that they take for granted that the young housekeeper knows many things which she really does not. This want I have endeavored to supply in this little volume. Having had years of experience as a cook in private families and hotels, I know the wants of the masses, and feel competent to supply them.

I have arranged this book in two parts -- one for plain, and one for the rich cooking. In the First Part will be found minute directions for cooking everything that is within the reach of an ordinary family. In Part Second will be found directions for richer cooking. There is not one receipt in the book which has not been *proved* to be good. There are very few which I have not used myself, and of the value of those I am fully assured, having seen nearly all of them tried. The rules for jellies, charlotte russe, and creams will be found to be worth twice the price of the book. Many of the visitors to the Rockingham House, Portsmouth, N.H., Pavilion Hotel, Wolfborough, N.H., McMillan House, North Conway, N.H., and the Appledore House, Isle of Shoals, will find many dishes with which they expressed themselves pleased while the writer was pastry cook at those houses.